

# USA GYMNASTICS

Official Magazine of the United States Gymnastics Federation

MARCH/APRIL 1984 \$2.00

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*Mitch England Interview*





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# USA GYMNASTICS

Official Organ of the United States Gymnastics Federation

March/April 1984

VOL. 13, NO. 2

## COVER STORY.....

*The Journey to LA '84 features two big USGF events. The first is on the west coast in San Francisco, the American Classic. Then it's over to the east coast and the McDonald's American Cup in New York City. P. 21-28*



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Official Film of  
the Los Angeles  
1984 Olympics



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United States Gymnastics Federation  
Affiliates: American Athletic Union, American Solar  
Organization, American Teachers Association for Intercollegiate  
Athletics, Women's National Association for Intercollegiate  
Athletics, National Association for Girls and  
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National Collegiate Athletic Association, National Federation of  
State High School Associations, National Gymnastics Judges  
Association, National High School Gymnastics Coaches  
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Gymnast Association, United States Association of  
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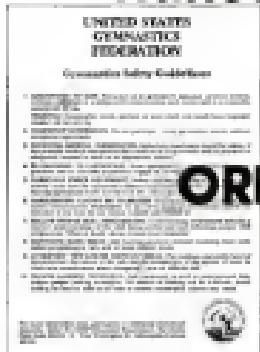
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interviewee and other related parties are deductible only to the  
author and the United States Gymnastics Federation  
expresses no opinion thereon and assumes no responsibility  
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## USA Gymnastics

Publisher: Mike Jacki, Executive Secretary: USGF Consulting  
Editor: Rich Kremer, USGF Director of  
Communications/Marketing, Managing Editor/Advertising:  
Director: Debbie Pritchard, Artistic Director: Gregoire: Dave Black,  
Production Director: Editor: Mike Botkin

USA GYMNASTICS is printed bi-monthly by the United States  
Gymnastics Federation. Subscription rates for 1 issue are  
\$10.00, Canada-\$11.00 (US currency) and foreign-\$13.00  
(\$10.00 currency, air mail). Single copy price is \$1.00. Copyright  
© 1984 by USGF. All rights reserved. Printed in U.S.A.  
Westview Press, Box 1114, 104 West Washington St.  
Baltimore, Maryland 21201 No responsibility is assumed for  
loss or damage to undelivered manuscripts or artwork. All  
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# Can YOU Afford To Be Without THESE???



(Safety Poster 1)



(Safety Poster 2)

***The USGF has Issued  
the Second in a Series of  
Safety and Instructional  
Posters***

***Dr. Gerald George,  
Educational Research Editor Says... .***

**"On behalf of the United States Gymnastics Federation, I strongly urge all of you to further enrich the safety environment of your gymnastic programs by posting a series of these official safety guidelines in your facilities. Always remember that safety is a fundamental cornerstone to gymnastics success."**

**USGF EDITORIAL**

# IS There Any Gold Left In California?

**T**here are specific dates during the year that call us all to action. As December 25th approaches, Christmas shoppers急于 to finish their last minute obligations. When April 15th is upon us, we tighten our pencils to get our tax return in on time.

Every four years brings another date of concern to many of us, the start of the Olympic Games. The difference is that the last minute hustle will not allow us the time to beat this deadline!

During the past few months, the USGF office has been receiving many calls from concerned coaches, judges and enthusiasts. The calls ask questions about the Olympic Games. After the Winter Olympics in Sarajevo, the Los Angeles summer games has become much more of a reality. The fact is the Olympic Games are upon us and we are now asking ourselves some very important questions. How will we (USA) do? Have we prepared properly? and What can we do in the next four months?

The answers to these questions may be answered differently by different people. However, a few basic assumptions can be made:

First. The date is cast. No matter what happens in the next four months, it will not have a significant effect on our potential performance. It is most important now that all our athletes are healthy and ready to compete. It will be difficult if not impossible, to make any significant changes in our scoring potential.

Second. How we do will depend on a number of variables. Our best results will be achieved through clean and consistent performances. If our teams just do their best, we will be afforded and achieve our best results. New rules, more difficulty or political considerations have to be counted from the plans. Either there is not enough time or we would be relying on factors we cannot control.

The most difficult question to discuss is how well we have prepared. Perhaps a better question would be, Do we have a system that allows us to prepare properly?

The Soviet Union and China do not win by possessing superior skill, talent or determination. They win by design. So now the question becomes, is our system and program designed to win Olympic medals?

We have numerous opportunities to win Olympic medals. If our athletes win Olympic medals it will be in spite of the system rather than because of it.

Our program of amateur sports in America is proudly displayed to the world as one of a very few that has retained the intensity and scope of purity and fairness. That, of course, does not necessarily mean it is the most successful. Differences the ends are not achieved because of the sacrifices made on the way to keep within the guidelines of the system design. If your goal is the Olympic gold medal you cannot make any concession that would compromise your quest. Our programs are compromised daily, due to budget and financial constraints, rules of other organizations

that affect related programs, lack of well defined goals and objectives, lack of unified support, and personal conflicts of individuals or groups.

Actually, it's not anyone's fault in particular. Rather, it is our entire system that is at fault. We are not even allowed the very same advantages given to Eastern block nations at the Olympic Games due to our own system's design. If we are beaten on the floor by superior talent, better preparation or harder work, athletes and coaches can understand and accept that. If we are beaten due to lower scores on compulsories without a piano player, or lack of support personnel due to limitations of credentials this is unacceptable! Yet, these are losses that we are facing even now, four months before the Olympics.

So, on to the Olympics, many of us with mixed emotions. The issue is now one of the future. Let us now have any doubts or questions in 1988. We want to be able to say, we have prepared the best way possible, we have provided our athletes the way to reach their potential, and now we are ready!

For the United States Gymnastics Federation,  
Mike Jacki  
Executive Director

## 1984 USGF Rhythmic Gymnastics National Compulsory Clinic

**May 7 & 8, 1984**

**Site:** The Southeastern Academy of Fitness, Inc.

Highway 301 North Orangeburg, South (803) 536-4712 Carolina 29115

**Registration Fee:** \$100.00 postmarked by April 15

**\$115.00 postmarked after April 15**

**All participants must be registered USGF members.** USGF registered athlete-participation fee \$10.00  
Make checks payable to the USGF

**Classes:**  
Rhythmic Floor Ex. Marine Davidsen  
Rope, Hamm, Hitzel Hoop, Alla Svirsky Ball, Monika Heidbut Club, Candice Fanning Ribbon, Merril Balkos

Group Routines Ball, Asmeris Hoytene Hop, Merril Balkos, Asmeris Hoytene

Local Associations: Western Int. Gymnastics, Inc. John G. Conner Dr. Beaumont, TX 77406

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# GYMNASTICS SEMANTICS

## THE KEY WORDS THAT DEAL WITH THE REAL ISSUES

By Mike Borkin  
USA Gymnastics Editor

When you speak about "big" words in a non-profit sports organization, the word "money" is always at the top of the list. Money, the substance that keeps the ideals and hopes of millions of amateur athletes alive. But right below, "participation" stands, because without it, no money would be necessary.

Since Mike Jacki assumed the duties as Executive Director of the United States Gymnastic Federation (USGF), he has been injecting the words participation, education and development onto the mantrasong of the gymnastics community. "By the year 1988 we, the USGF are shooting for one million registered participants in the sport of gymnastics," he said.

With the help of its sponsors and suppliers (McDonalds, Avis, Tropicana, Nissan/Datsun, K mart, Figg and Vital Saxon), the USGF has steadily been spreading the word about gymnastics in America. Jacki has seized the opportunities created by the sponsors to begin a reeducation of the public about the sport. In order to reach the 1988 goal, Jacki feels the base of gymnastics must be widened. "By widening the base, the ocean will naturally rise to the top. The better gymnasts we have to choose for our National Team, the more unique we are going to generate."

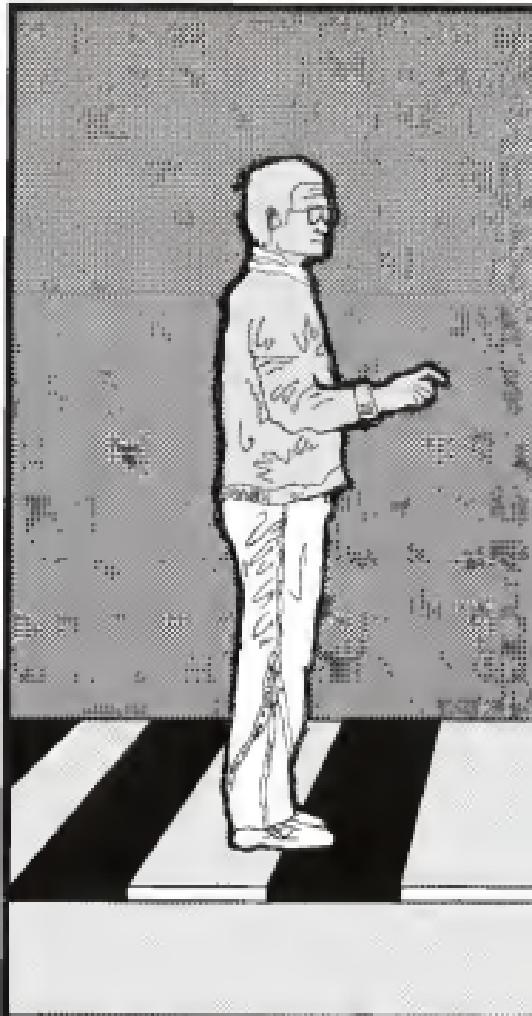
Another factor in widening the base is to regenerate interest at the grass-roots level. "In Europe gymnastics is the base of all sports," said Jacki. "We need to get the American public thinking along this manner."

The USGF is taking positive steps towards educating the public. As of this date, the Federation is scheduling Business Opportunity and Management seminars across the country to aid the club level gymnastics owner to take advantage of money making opportunities and improving managerial skills.

Another big step in the development of the grass-roots programs is a Safety Certification and Coaches Certification Program that is now being worked on by the national office and Dr. Gerald George, the USGF Safety and Education Editor. "The USGF is in the process of putting together a safety manual that is slated to be done in the fall of 1984. These safety manuals will be on sale in the spring of 1985 for anyone," stated George.

Currently the USGF, located in Washington, D.C., is contacting coaches on a regular basis with their book. According to George, the USGF is mandated by Congress to provide such a service. "As of 1985 the USGF will have the official book. We will comprise using their people, which are really USGF members, to do the writing and we will incorporate their considerations until they expire in 1985. At that time everyone will have to go through the USGF office," said George.

George also pointed out that the major equipment companies are 100 percent behind both the Safety Certification and Coaches Certification programs. "They are playing an active role in the writing and financing of the safety manual," stated George.



Another area in the development of the sport that the USGF is pursuing is through developmental funds through the United States Olympic Committee (USOC). The Federation has filed out numerous forms to procure funds for the formation of developmental programs. For the citizens, the USGF has received \$16,500 for rhythmic gymnastics for 1984, and \$10,500 for both men's and women's artistic gymnastics programs.

But there is another road that has been eating away at Jacki's goal, "Competition." A word that is synonymous with achievement is also a hindrance. According to Jacki, gymnastics is competing against a variety of outside factors that are as

foreboding to us as designer jeans, video games, McDonald's and cars. Because of the dedication, drive and commitment it takes to become a top gymnast, students are becoming reluctant to participate in the sport again. This is where Jacki's education of the public comes into light once again.

Gymnastics is not merely competing, that just the part that gets the most exposure. Gymnastics is good exercise. It teaches coordination, balance, character, agility, hand-eye coordination and flexibility to name just a few of the positive aspects about the sport. Therefore, with a good foundation of gymnastics, that will lead the athlete into a lifetime of healthy activity and fitness. This is the reason Jacki feels gymnastics should be included on the grass roots level in physical fitness. This, in turn would lead to a stronger gymnastics participation in the upper levels by the high school or club.

Using the state of Indiana as an example, the high school search programs have been struggling to stay afloat. In fact, there is but one such merit program that is still left, which is at Columbus North under the direction of John Hinde. Hinde's gymnastics squads have raised up an impressive amount of state victory titles 15, which proves there has been interest in his school's program. Many of Hinde's gymnasts have received full-ride scholarships to university, proving there is also an education to be received for hard work in the gym.

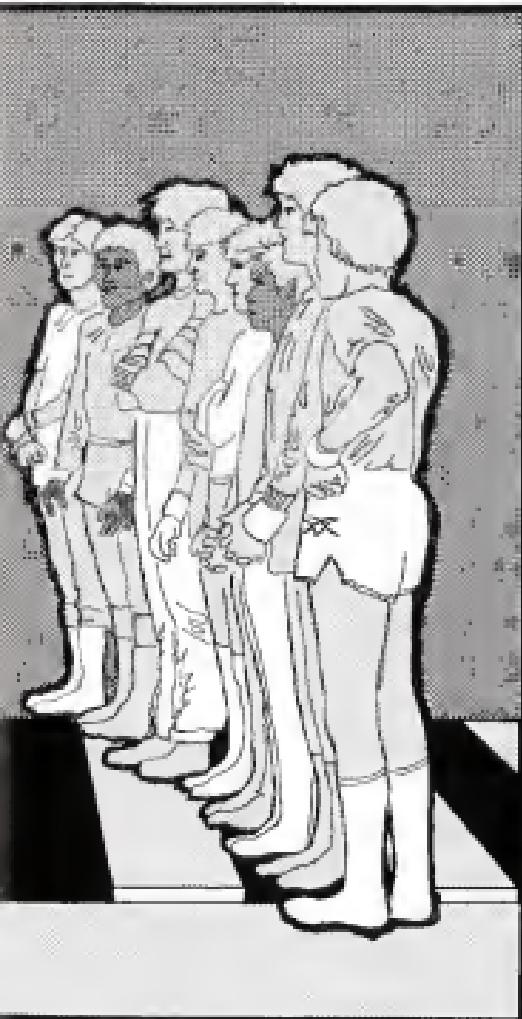
**Jacki is addressing the crisis of both the high schools and the private club owners as one, getting back to the main words: "participation" and "education."**

One such gymnast to come from Hinde's program was Brent Simmons, a six-year National Team member, a seven-time NCAA All-American at Iowa State, a member of the 1970 and '71 World Championship teams and the 1971 and '75 Pan American team. Simmons now owns and operates a private studio in his hometown of Columbus and also serves as an athlete representative on the USGF Board of Directors.

In Simmons' opinion, the salvation of the high school program is through the club level. "That is where the small beginning gymnast can get qualified coaching on better equipment. Some of the top gymnasts coming onto the USGF National Team are coming from the club programs," he said.

In contrast, Deric McElroy, head gymnastics coach at Iowa State University, feels the high schools provide the gymnast with something that is very important to him when he goes on the recruiting road. "The high school may be getting better coaching on better equipment in the clubs, but one advantage to the high school is they have more of a competitive schedule. Their schedule is more like a college one, where they compete every week, so they have more competitive experience," said McElroy.

Jacki is addressing the crisis of both the high schools and the private club owners as one, getting back to the main words "participation" and "education." Through participation and education the sport will continue to grow. Through the growth, public awareness will result. "We are hoping the Olympic Games in Los Angeles this summer will provide a catalyst propelling gymnastics throughout the land. With a new awareness in physical education, it will enhance interest in all walks of life, which is really a key issue right now," said Jacki.



# NATIONAL OFFICE NEWS

## Congress '84 Update

# September Meeting A Gold Medal Event

The 1984 USGF Congress will have the best dynamics in the world in planning this year's program, the USGF is fostering some new dynamics to add incentive and make your commitment to attend worth every cent you spend!

### USGF Introduces New Headquarters

This year's Congress will be a unique setting indeed. All who attend will have the opportunity to see the new Executive Offices in the Houston Dome and share the Houston Hospitality that helped bring the USGF to body.

### Congress Tradition

Traditionally, Congress is the one time a year when coaches, judges and gymnasts, enthusiasts from all over the U.S. gather to exchange ideas and information in a concentrated atmosphere of meeting. 1984 Congress will not disappoint you.

Holding our meetings in the new Houston Dome and Convention Center complex will allow new flexibility in scheduling and open additional opportunities for attendees to gather new tools of the craft. In addition to association and organizational meetings, the program will feature demonstrations in the exhibit hall—large enough for more than adequate viewing, exhibit space and equipment. Exhibits demonstrations will range from developmental lessons emphasizing basic mechanics of movement to competitive lessons, including mass selection and choreography—lessons to challenge beginner to elite coaches and judges.

### A New Twist

The 1984 Olympic Games in Los Angeles will set the stage for a new era of growth and development for gymnastics in the U.S. To allow a large cross-section of the gymnastics community to experience and learn from our Olympic Champions firsthand, the USGF and McDonald's are sponsoring a "Tour of Champions," with stops in Indianapolis during Congress (Friday evening, September 1, 1984) and The "Tour" will feature national and international Olympic Game champions, doing what they do best—gymnastics performances. Included in the Congress Registration, if received before September 1, 1984 will be guaranteed tickets to the "Tour".

This will be a gold medal opportunity for all

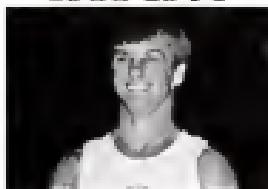
Think Your Fund? For \$1,000.00 Cash  
Prize, You May Want To Be!

There is a lot of talent in your gymnastics community—just waiting to be recognized. We want to give that talent a push forward. All holding steady, the USGF Congress will sponsor an amateur talent contest, the winner receiving \$1,000.00 cash prize. All information follows in the guidelines outlined on pages 20-21. The winning entry will be determined by audience response.

Okay, now that all you able-bodied, spry, rubber-legged, over-gymnastics enthusiasts, just getting those creative jeans pumping, put those muscles out of storage, take those easy movements, and those of that stage practice \$1,000.00 in queen's coins. Contest entries must be submitted by June 15, 1984 and the top 10 entries will be selected to perform for the judges' prize. Contest funds are now be registered for Congress.

Mark Your Calendar Now, September 20-23, 1984, Indianapolis, IN, it will be an event you will not want to miss!

**IN MEMORY,  
GARY MORAVA  
1953-1974**



**"CHERISH THE  
MEMORIES OF  
YESTERDAY.  
SAVOR THE  
JOYS OF TODAY,  
AND NURTURE THE  
PROMISES OF  
TOMORROW."**

## Wanted: Good Quotes

For *These Coach Said...*, a collection of "quotes" I am editing, I would appreciate hearing from everybody willing to share their favorites. The book will consist of short quotations of the inspirational, funny, touching, reflective, profound, or just plain odd things coaches say to make or measure their athletes. (For example: "Today's a good day, tomorrow's another story"; or "You can always right, but I'm never wrong.")

What said is more important than who said

it, but I would like to be able to credit each quotation to the coach who originated it. If you and I, please don't hesitate to credit yourself! If possible, I would also appreciate receiving information on the circumstances, event, etc. in which it was said. All contributions will be acknowledged on the book.

J. Tamm  
BFD 1, Box 487  
CIO Street  
Newark, NJ 07105

# Attention Coaches!!!

*The USGF is accepting applications for National  
Coach for the 1985-1988 seasons—for*

**Men's Gymnastics**

**Women's Gymnastics**

**Rhythmic Gymnastics**

*A letter of intent and complete resume should be sent to:*

Mike Judd, USGF Executive Director  
101 West Washington Street  
Merchandise Plaza, Suite 1144 E  
Indianapolis, Indiana 46204

*A complete job description and other details will be supplied to approved candidates.*

## Looking Towards Olympic Dream

## McNamara Training With Karolyi

INDIANAPOLIS, Ind.—Olympic Jugglerine McNamara has moved to Houston, Texas to train with Coach Bela Karolyi after training at the Southern California Acro Team (SCAT) for a year and a half.

This highly talented gymnast has proved her excellent skills year after year. Last Fall, McNamara placed first in the World

Championship Team Trials. At the 1983 World Championships in Budapest, Hungary her overall performance was hampered by illness. This past 18-year-old continues to hold the title for being the highest women's all-around finisher for the U.S. at either an Olympic Games or World Championship for two straight years at the 1981 World Championships.

"I wanted to get into an environment where I could best prepare for the Olympics," said McNamara as her move. She also explained that she is not looking back... only moving forward.

Concerning the Olympics, she said, "I would love competing in 1984 due to the 1980 U.S. Report of the Olympic Games and finally at the time I was young enough to try again and I really want to make the team and compete for the United States."

"To participate in the Olympics," according to Coach Karolyi, "is her intense dream and we are positively going to give her the right preparation. She is very excited about the Olympics."

Also training with Karolyi is a powerful young gymnast, Mary Lou Retton, 16, of Pleasant, W. Va. Retton holds the title of being the first American to win the all-around at the gymnastics Chinese Cup in Japan.

"I think Mary Lou and I will work well together. Mary Lou is very athletic and I am more athletic. I think we will help each other," said McNamara. "It is a good combination."

"Mary Lou and Julianne are going to lead a powerful team making each other better and further which will be a great asset to them," said their enthusiastic coach.

Karolyi's talents as a coach are evident. While serving as the Romanian National Team Coach for 12 years his gymnasts won a total of 14 Olympic medals. When Nadia Comaneci scored the first perfect 10 at Olympics in Mexico City in 1968, he was her coach.

Training an army of first class stars, Durham is currently preparing herself for the next major international event held in the U.S., the McDonald's American Cup. The competition will be held March 12-18, 1984 in New York City's Madison Square Garden.

## Durham Switches Club, Coach

INDIANAPOLIS, Ind.—National Champion Debbie Durham has moved to Fort Worth, Texas to train with Coach Scott Crozer at the Texas Academy of Gymnastics and Dance.

Before joining Crozer and his program, she had spent nearly two years in Houston, Texas training with Bela Karolyi. He is best known for coaching Romanian gymnast Nadia Comaneci during her run to athletic stardom.

## USGF Coaches Rate Officials For Elite Competitions

By Leslie Cheshire, NWPO

The National Women's Program Committee has a survey to all coaches of gymnastics qualified to the Americans and U.S. Classic meets. This evaluation and feedback from the NWPC is given coaches the opportunity to express their choices for judges at the Elite Level.

A list of Breast, FIG National and Elite A judges were provided and the coaches were asked to list 10 judges at their first choice to judge Elite National Competitions. 24 coaches were polled and 23 responded giving a 62% return.

I would like to thank all the coaches who gave input to this survey. It will be used as evaluation of officials along with evaluations from the Certification Committee and the NWGPO to assign officials.

The first 10 chosen listed here alphabetically are:

|                        |                   |
|------------------------|-------------------|
| Aspasia Hansen, Janice | Green, Cheryl     |
| Chenoweth, Linda       | Prusinski, Joanne |
| Cross, Marilynn        | Scheyer, Audrey   |
| Davis, Dolores         | Valley, Sharon    |
| Fox, Jackie            | Water, Sharron    |

More News  
on Page 12

*Attention:*

*The USGF is accepting applications for Director of Education and Safety.*

A full time office position with major responsibilities in the areas of program development, safety programs, creation of educational and research materials, coaches registration, as well as teaching and safety certification. Salary commensurate with experience.

All interested applicants should write to:

Mike Jackl, USGF Executive Director  
101 West Washington Street  
Merchants Plaza, Suite 1344 E  
Indianapolis, Indiana 46294

## USGF Events Updated

By Cheryl Grace  
Director of Special Events

The McDonald's American Cup held March 17, 18 in New York began the international calendar of events conducted by the USGF. Sixteen countries with 43 athletes participated in what was perhaps of Olympic-level considers. Following this event, National Team Members participated in a competition against the People's Republic of China, April 1-3 in Minneapolis, Minn. This dual meet featured optional team competition with the best field of athletes ever assembled by these two agencies. Several trips to foreign countries will provide further international experience and exposure necessary to success at the 1984 Olympic Games.

Rhythmic Championships of the USA, April 4-6 in Oshkosh, WI and Artistic Championships of the USA for men and women, May 11-13 in Chicago, IL will select our new national team members and provide the first round in the selection process for the Olympic team. Because of the talented depth of our gymnasts, this will be the final National Championships; every field, Gymnastics club is encouraged to attend this competition and support our national team efforts.

The 1984 Olympic Trials for Arizona Men and Women will be held June 13 in Jacksonville, FL. Consider for entries has already been overwhelming, so all interested parties should immediately contact: Palma Barrs, Jacksonville Organizing Committee, 831 No. Market, Jacksonville, FL 32202.

The Rhythmic Olympic Trials will be held June 14-17 in Atlantic City, New Jersey, where eight gymnasts will vie for two positions on the Olympic Team. This should be an exciting event, as Rhythmic Gymnastics will make its debut at the 1984 Olympic Games.

If individuals are interested in volunteering their services to be a part of the USGF Organizing Committee conducting USGF National events, they should contact the USGF National Office and request to the USGF Events Department. We'll use as many volunteers as possible, and we're invited to develop regional paths that can assist in the organization of events they come to you with. Those persons interested in holding an event, should send their proposals to Cheryl Grace, Director of Special Events at the USGF office, regarding the 1984-85 schedule of events still open. The 1984-85 USGF Event Calendar is the magazine issue.

## Dual Meet In Hawaii

Indianapolis, Ind.—The best gymnasts from the U.S. based team competition when top contenders from the People's Republic of China (CPR) and the U.S. met in the most highly contested dual competition of the year COMPETITION McDonald's International Gymnastics Classic.

LOCATION Indianapolis, Indiana  
DATES April 3-5, 1984  
SITE Neil Blundell Arena

The U.S. men's delegation consisted of the best the U.S. has to offer. America's top all-around finisher at the 1983 World Championships, 22-year-old World Captain of Van Nuys, Calif., will challenge the Chinese with a top ranked cast of gymnasts. Shaking the apogee with Carlson will be UCLA sophomore Eric Dugger, 20, of W. Springfield, Mass., and recently graduated Paul Vidmar, 23, of Los Angeles. Calif. Coaches Art Sherkow (Gold) and Mike Sakamoto (Assistant) share the coaching responsibility at UCLA. James Hartung, 21, of Omaha, Neb., Phil Gilasp, 21, of Omaha, Neb., and Scott Johnson, 22, of Colorado Springs, Colo. are all currently training with coach Franca Alion at the University of Nebraska. All three are graduate students. Also as the men's team backup, 23, of Greeley, Colo. Ken... who trains with Coach Bill Meade at Southern Illinois University.

Formerly the U.S. women's team will be made up of 1983 National Champion Debbie Durheim, 19, of Gary, Ind., Johnson McPherson, 18, of San Marcos, Calif., Mary Lou Retton, 16, of Fort Worth, W. Va., Michelle Dougherty, 18, of Glendale, Calif., Tricia Edwards, 17, of Walnut Creek, Calif., Lucy

Wise, 16, of Memphis, Tenn., and Tracy Butler, 14, of Washington, D.C. Durheim trains with Scott Crenier at the Texas Academy of Gymnastics in Ft. Worth. In Houston, Retton and McPherson work with Coach Bob Karsay. Training with the 1981 Women's Gymnastics Olympic Coach, Oleg Petren, at SCATs in Huntington Beach, Calif. are Atherton, Dougherty and Wise. Butler is coached by Bill and Diane Stevens at the Performers in Alhambra, Pa. Coach Mike Lynch trains Talariver in Walnut Creek, Calif. of Golden Gate Gymnasts.

Leading the Chinese men's team will be the 1981 World Champion on the floor exercise and parallel bars Tong Fei and Lin Yun. Tong Fei, 23, was the gold medal on the floor exercise and bronze Lin Yun, 19, last year for 2nd on the parallel bars and also 2nd for the bronze medal in the all-around competition at the World Championships held last fall in Budapest, Hungary. Also Li Ruiying, 21, 2nd for second in the pommel horse event at the World Championships. One other member of the 1983 World Championships gold medal winning Chinese team competing in the dual meet is 20-year-old Xu Zhiying, 20, Lin Lixia, 23, Song Wan, 21, and Xu Winding, 22, will also be members of the team.

The Chinese women's team finished 20th at the 1983 World Championships two places ahead of the U.S. women's team. Competing in the dual meet will be five members of the Women's Chinese World Championships Team. They are: Ma Yanying, 20, Wu Jian, 17, Chen Yeqing, 21, Yang Yihua, 18, and Wang Nanyi, 18. Two up-and-coming gymnasts Zhou Peng, 17, and Mengqian, 16, will also compete.

The **USGF Events Department** is looking for Announcers, as well as gymnastics competition computer scoring systems.

**WANTED!!!**

The USGF wishes to develop on a regional/national scale, competition staffs that can be secured to assist USGF sanctioned meets conducted by the National Office.

**All interested parties should send their complete resume and qualifications to:**

**Cheryl Grace**  
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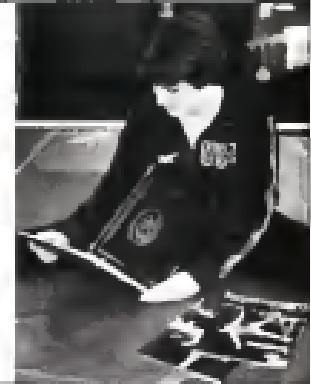
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# From Tiny Tots...

# To Astronauts

By Party Garnechuck-Gerard

**T**he Institutes for the Achievement of Human Potential in Philadelphia, Pennsylvania has studied brain growth and development for 16 years. It is well known that the brain grows at an astonishing rate the first six years of life and then its ability to absorb information slows down dramatically. For example, babies learn to speak their native language without any "teaching." Learning a foreign language after the age of six is extremely difficult.

This understanding has led The Institutes to a more sound educational concept: they teach babies to read, do math, learn encyclopedic knowledge, speak foreign languages, play the violin, and do gymnastics. The "Genie Revolution" began in 1981 with the publication of *How To Teach Your Baby To Read* by Glenn Doman, the Founder and Chairman of the Board of The Institutes.

For the past eight years, mothers from all over the world have come to The Better Baby Institute in Philadelphia to learn how to teach their babies to do these things.

I attended this one week course two years ago after the birth of my child. Each of the first three days they stress a different topic. On the fourth day they discuss physical development. They believe that early vestibular growth is directly related to early physical development. They especially stress creeping and crawling for infants, for example: creeping and crawling develop convergence of vision enabling an infant to better perceive his world and to read. After the child can walk, and run they promote gymnastics as the next step. They teach that for children gymnastics literally grows the brain by developing the vestibular mechanism. The vestibular mechanism is the part of the brain responsible for balance. As a result, coordination and control of the body improves. This development of the vestibular mechanism can thus be applied to any physical activity.

Other systems of the brain improve and grow, such as vision, which is closely tied to the vestibular mechanism. The Institutes teach that when one area of the brain grows, so does the capacity of the other areas. They call top flight gymnasts "vestibular geniuses." Unlike most sports, gymnastics develops the ability to know where the body is in space. Being upside down, flipping and twisting help us understand our physical presence in any position and situation.

**T**he National Aeronautics and Space Administration (NASA) has helped the Institutes on various research projects, mostly dealing with their labyrinth program. In May of 1983 Dr. Garry Soffin, Director of Life Sciences came to The Institutes to discuss the problem of space

adaptation syndrome. He explained that 90 percent of all astronauts begin ill on the first 48 hours of their weightlessness space environment. NASA is intensively searching for an answer to this problem. The Institutes proposed to Dr. Soffin that perhaps that part of the brain which controls motion has not been sufficiently developed in astronauts. Weightlessness is perhaps not handled well by the astronauts because they have little experience with inverted positions, flipping, and twisting.

Dr. Soffin considered this proposal interesting. He then contacted the Johnson Space Center in Houston, Texas, the home of our astronauts. Dr. George Rice, Director of Life Sciences of Johnson Space Center invited Douglas Doman, Vice Director of the Institute, James Hagg, Director of the Institute for the Achievement of Physical Excellence, and me to visit their center. There we met Dr. Sam Pool, the astronauts' physician and Dr. Jerry Homick, Head of Vestibular Research.

***We then proceeded with the experiment. Dr. Homick strapped me into "the chair" and I was blindfolded. He explained that I was to make 10 degree head movements to the front, right, back, left and front at five second intervals.***

They headed us on their latest research regarding space sickness. They then asked if I would participate in a test of their Rotating Chair Facility. I agreed. They generated me with an elaborate chart designating different forms of sickness and different levels of those forms. Each sickness level was awarded a certain point value; when I would reach four points, the equivalent of the onset of nausea, they would stop the chair. My excitement to participate in this experiment was quickly dimmed by this apparently well-arranged display by a NASA scientist. They thought that because I was so sensitive to motion I would become ill. The Institutes commented that I would not.

We then proceeded with the experiment. Dr. Homick strapped me into "the chair" and I was blindfolded. He explained that I was to make 10 degree head movements to the front, right, back, left and front at five second intervals. They started me spinning at 1/3 revolutions per minute (RPM) to the right, and I performed the head movements as requested. After about five minutes with no symptoms of sickness, they accelerated the chair to 20 RPM. I continued the head movements with no effect. After another five minutes, they sped the chair up to its maximum, 30 RPM. The maximum call this "crashing out" the chair. I actually felt more comfortable in the higher speeds. At this point I began to laugh. I was enjoying myself.

Dr. Homick was impressed. He then asked me if they could perform one other test. After spinning a total of 20 minutes with no symptoms, they stopped the chair dead. I

was requested to explain what I felt at the moment of the stop. I felt as though the room continued to move to the right about 45 degrees and then it returned to center. I took off the headband and the rings and I felt absolutely fine. I had no dizziness at all but I still felt as if I had been driving a car for several hours.

Dr. Horwak then explained that about two percent of all tested performed on the chair with as little effect as I had. He said that for those that lasted 15 minutes in the chair when the "dead stop" test was performed they would have the sensation of the room spinning in the opposite direction for several minutes. I was the only person who had not experienced this sign of disorientation.

NASA continued to be interested in our proposal and on November 9th, 1983, Dr. Ray and Dr. Pool visited The Institutes where Glenn Brown gave them a tour of the Human Development Course. The course includes somersaulting forward and backward, spinning vertically and horizontally and other vestibular training. This course is designed to develop the vestibular mechanism of the brain. Dr. Ray and Dr. Pool suggested that they would be interested in further testing programs. They requested that a group of 10 gymnasts go to Johnson Space Center to participate in the same test I performed and other more detailed physiological testing. We have sent this proposal to NASA and are waiting for a date to the test.

This has the potential to be a great moment in gymnastics history. If the tests turn out the way we believe they will actions that develop the vestibular parts of the brain and gymnasts could become a part of astronaut training. Gymnasts would then be understood as an activity that develops brain function as well as a great sport. Such an understanding would spur on the grass roots level gymnasts, programs of this country. The younger children begin with acrobatics, the better their vestibular mechanism will be and the better their chances of becoming fine gymnasts.

*Editha Vale Poify Cervichuk-Green is a former elite level gymnast, collegiate All-American and Big 8 Champion. She is now a physiologist and senior Director of Gymnastics for the Institute for the Advancement of Human Potential and the Center School of Dance & Gymnastics in Greeley, Colorado. She is also a ranked gymnastics judge.*

She is married to Harry Cervichuk, former 1940 Olympic... Poify and Harry's twenty-eight year old daughter, Charlee, began our a remarkable progress of birth. Charlee's birth was a headstand birth, a headstand birth, and after approximately fifteen birth on brain and body. She has also been taking Delta and tap classes and is learning the violin. Her education program has included astronomy, chemistry, biology, history, world geography, anatomy, reading, mathematics and Japanese.

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# ATTENTION ALL USA NATIONAL TEAM MEMBERS...PAST AND PRESENT

Did you know that, as a gymnast on the USA National Team, either past or present, you are automatically a member of the USGF Athlete's Association? As a member, you are entitled to receive the first issue of the "1984 Athlete's Association Newsletter".

### "USGF Athlete's Association Newsletter"...

#### What is it?

The Newsletter is a quarterly publication, edited by athletes, published by the USGF office. It will be the most direct means of communication on a regular basis with the athletes on our National team.

This newsletter will be sent to all National team members free of charge during the Olympiad (4 years) in which they are on the National team. It will also be available to paid National team members for a nominal fee.

#### ...Why have it?

The main purpose of this newsletter is two-fold. Both the Athlete Representatives to the Board of Directors and the USGF feel that a regular publication is needed to more effectively communicate with those of you who are currently on the National team. Hopefully this will eliminate some of the confusion and misunderstanding that can often arise when information is passed by word of mouth.

Secondly, the current USGF administration is committed to including those of you who are National team members of the past in the continued and growth of the sport of gymnastics. This newsletter is the first step to let our former team members to keep you informed and to encourage you to get involved.

Whether past or present, we have experienced the pride associated with representing the United States in international competition. It is our hope that this newsletter will nurture that pride, whether it be in those who are currently making history in our sport or in those whose names are already written in the record books.

We are now compiling a mailing list for the Newsletter and for other permanent Athlete Association mailings. If you have ever been on a USA National Team (Men's Artistic, Women's Artistic, or Rhythmic) please send your name, address and years) on National Team to Athlete Association/USGF/Merchandise Plaza/Suite 114-12/101 W Washington, Indianapolis, IN 46204.

If you know the address of any other National Team member, please include it also. Thank you for your help. We look forward to developing an active, worldwide Athlete Association.

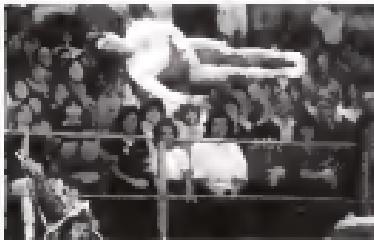
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Athlete Association Representatives to the USGF Board of Directors

# A Look At Caesars Palace Invitational

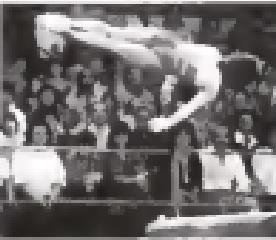
(Right) Mary Lou Retton (first), Tracy Sharpe (second) and Michelle Devereux (third) stand atop the awards stand to accept their trophies after the completion of the Women's Floor Exercises. (OMG photo by Phil G. Smith)



3



2



1



6



5



4

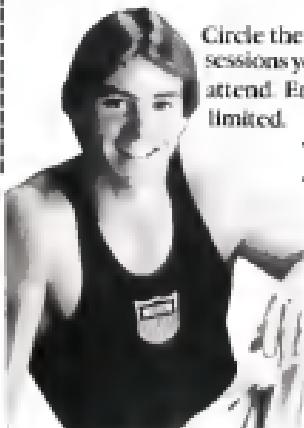
Mary Lou Retton demonstrates with her floor exercise routines  
which will be contested at a pre-Olympic (OMG) Invitational in Las Vegas, Nevada.

Casson's Police Invitational  
February 4, 1984

| Competitor's Name  | Years | Uneven Bars | Balance Beam | Floor Exercises | Total | Place |
|--------------------|-------|-------------|--------------|-----------------|-------|-------|
| Tracy Butler       | 9.95  | 9.65        | 9.70         | 9.65            | 38.00 | 2     |
| Michelle Gossom    | 9.90  | 9.70        | 9.75         | 9.65            | 38.30 | 3     |
| Michelle Goodwin   | 9.20  | 9.60        | 9.45         | 9.65            | 37.35 | 7     |
| Kathy Hayes        | 9.75  | 9.15        | 9.50         | 9.25            | 37.55 | 6     |
| Kathy Johnson      | —     | —           | 9.25         | 9.75            | 38.05 | 9     |
| Julianne McFarland | 9.00  | 9.15        | —            | —               | 18.75 | 12    |
| Yolanda Murray     | 9.75  | 9.60        | 9.45         | 9.05            | 37.45 | 5     |
| Mary Lynn Nelson   | 9.80  | 9.90        | 9.85         | 9.90            | 39.55 | 1     |
| Tanya Service      | 9.45  | 9.60        | 9.50         | 9.65            | 38.30 | 8     |
| Theresa Valentine  | 9.60  | 9.05        | 9.40         | 9.80            | 37.85 | 4     |
| Cheryl Whalenhouse | 9.05  | —           | —            | —               | 9.05  | 11    |

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# Mitch Gaylord

## Moving Fast To Become A Master of The Game

By Lois Green  
USA GYMNASTICS  
Staff Writer

Prior to the McDonald's American Cup Finals, I got an opportunity to talk gymnastics with Mitch Gaylord — 1983 March Champion of the USA. In the preliminary competition, the day before, Mitch, leading after the 4th round, had a major break on high bar which dropped him to 6th All Around (behind Li Ning, Jim Hartung and Peter Volmar). By virtue of the fact that only the top 2 competitors from each country can qualify into finals, Mitch, by 2%, also made the cut for finals.

Mitch started gymnastics when he was 12 years old at a local community college in the California valley area. He began with a trampoline and running class, later adding apparatus work gradually. It was not until he was a senior in high school that he started to get serious about gymnastics competition. Up until then, his main motivation was fun of learning and doing gymnastics.

### So the fun aspect is pretty important?

"You have to enjoy it especially when you're young. Unless you are a very mature kid and know exactly what you want to do at 9 years, you have got to have fun doing it."

So you were about a senior when you started getting more serious?

"That is when I first said to myself that I wanted to win the LA City Championship, that was my first big goal, but as far as national competition, that didn't hit me until the summer before I went to college. That's when I decided that I wanted to make National teams and I wanted to get to the top of our program and compete internationally."

How did you learn about National teams, were there people competing then that were like idols of yours?

"Oh yeah, Kurt Thomas was pretty much my idol. I saw him on television and everything, but the first time I was exposed to a national competition was that summer before college at the Junior Olympics. I was never on the Junior National Team or anything, like Hartung and a bunch of people that are now on the Senior Team who went through that whole program. I never went through that."

I have mixed feelings about the way the other people that were making the Senior National Team had already been on the Junior National Team and to me it seems that some of them lost their desire to do it at that stage. And I know, I had so much of that motivation, I wanted to improve myself so bad because I never did improve myself as a junior. I just wanted to be on the Senior National Team, you know, skip the junior thing and go right on. That's what my main goal was as a freshman in college."

You started out at UCLA as a freshman, did you walk on or were you recruited?

"I was on scholarship. I wasn't as heavily recruited as some of the people that had been on the junior



Mitch Gaylord, USG National Team member and senior gymnast at UCLA, will along with the remainder of leading to break National competition on the UCLA tour this year (center photo © 1984 Steve Block.)

National Team, but I did get recruited. UCLA was where I wanted to go because I felt that, with them going there and Mark Caso, that it was going to be the start of a really good program and I wanted to be part of it because UCLA was where I wanted to go because I felt that with Peter going there and Mark Caso, that it was going to be the start of a really good program, and I wanted to be part of it because UCLA was on top of the gymnastics map and that would be really neat if we could put it there."

I don't think you have a problem with that, I think its happening. I know you have talked about this before, but it seems like in the past two or three years there have been a lot of transitions, a lot of growth that you have gone through, like for instance when you left UCLA and travelled with the Pro Tour for a season. Do you want to comment about that, some of the things you learned from the Pro Tour or the lessons you felt like you needed to do that?

"I would say that ever since I had the goal in mind to make it to the top of our country and represent the USA in international competition, I wanted to move fast, I didn't want to wait around. I didn't want to just keep going along at the pace I was going, I wanted to move faster. The only way that I felt I could do that was to get out of my present situation at UCLA, get more individual attention and Kurt Thomas was the guy. He was great for me. There is just no two ways about it, it really changed my gymnastics and I definitely needed that. I still have that experience in

mind, I don't come back to UCLA thinking that I would be going back into the same situation, because I wouldn't have come back, the situation has changed. There are lots of people in that gym who want to have real fun and that is why we are all working very good together. But the time that I travelled on the Pro Tour was really good, it gave me a lot of what I needed to mature as a gymnast and get the confidence I lacked before. A lot of this sport is the mental part, the confidence to go out there and know that you could beat your competition. If you don't have that then you don't stand a chance. But helped me to look at that way."

You talked a lot about goals like when you were a senior your goal was the LA City Championships and when you were a freshman at UCLA your goal was to make the Senior National Team — your goals and setting them must be pretty important to you!

"If you don't have any goals, you don't have the direction, that's the way I look at it. You have to be very directed in this sport otherwise you don't coach your goals or potential. You just can't be wandering around endlessly saying 'Oh I'm just trying to get better right now' you have to have definite goals you want to get to the point by the time, etc., that's what keeps you going to that goal."

At coaches congress we heard a really thoughtful, serious, pretty emotional Mindy Gaylor, how important was the Athlete of the Year Award and did it affect that "confidence"?

"That award means a lot to me, it really did because it is one thing to go out into competition and win the race, that's really your main motivational force, but by being

the athlete vote you as the gymnast of the year that means that you didn't win the competition by the judges you won it because your gymnastics was good and the judges really respect it. If we go out into the meet and we just win it and the judges don't respect what you are doing, it doesn't really mean that much to us. What means a lot to me, as an individual, is to these the coaches and the judges like acknowledging that that guy is really focused in the right direction. He is throwing the hardest stuff and is really getting it together for 1984. That is what I am looking for."

How important are scores?

"Well, they have to be important, because that is how you win the meet is by the scores, but people do respect good gymnastics, there is no two ways about that if you are doing something that no one else is doing they are going to respect it. Sometimes the score does not always reflect that, but it gives you a good feeling to know that you are respected."

We have been seeing a lot of 10.0's and there has been some controversy about was it really perfect or was it just because of the scoring system and because maybe the judging started out high that there was no place left to go.

"In our present scoring system the judges sometimes back the muscles into a corner because the level of difficulty is going right off their scales. Technically routines may be 10.0's but the way I look at it, every competition is relative and even if everybody could throw sets with full difficulty all the time you still have to differentiate between the entries. You can't give

(see MASTER OF THE GAME, page 34)

## 1984 USGF Rhythmic Gymnastics Olympic Trials

**Where: Atlantic City, New Jersey**

**When: June 16 and 17, 1984**

**Events: Hoop, Ball, Clubs and Ribbon**

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## Retirement Plan Exceeds Hopes

**E**arly last Fall we told you about a deal under works that would allow us to offer you a much needed service: an outstanding retirement program. It took a lot of time and effort, but we ended up with a retirement benefit far surpassing even our most optimistic hopes. This month we are delighted to present to you the USGF Coaches Retirement Plan.

In researching our members we found three factors that indicated a clear need for just such a program. To begin with, many of our members are not currently covered by any type of retirement program whatsoever. Another large group is covered by a very inferior program one that would leave them on welfare at age 65. The largest group, however, consists of members currently covered by a plan program but who feel that, due to inflation, what they have now will not be adequate upon retirement. Our goal was to set up a program that would meet the needs of all three groups and do it at a cost that every member could afford.

We did just that! The Coaches' Retirement Plan has four outstanding features that make it the best plan available today. In essence you will RIFP for this program because it offers you Retirement, Liquidity, Investment and Protection!

**Flexibility**—You can begin with just \$25 per month and there is never an upper limit to your investment. You can start at any age and change your contribution rate any time your goals change. You can tailor your program to give you exactly what you want in income when retirement comes.

**Liquidity**—Just try getting this feature in an IRA! If you decide at age 50 to open a new gym, you can get your money out of an IRA with some difficulty, but you'll have to pay taxes on every penny of it. If that's not bad enough, then you'll lose a substantial portion of your interest, as well.

If you had your money in the Coaches' Retirement Plan, you would be taxed only on the interest and there is never a penalty for early withdrawal!

Besides this program can be used for low interest loans as a

collateralized asset for other loans and working capital credit lines.

**Investment**—Interest on this program accrues on a tax-deferred basis. That means you don't pay a penny in taxes on the interest until you start drawing out the income at retirement time. In fact, the plan can even be designed to avoid taxes indefinitely! It doesn't matter what tax bracket you're in, you'll always defer payment money factor when you don't have to pay taxes on the income generated by your investments and the program is based on current interest rates, thus, generating more income.

**Protection**—Finally, and maybe best of all, the program we have designed for you will provide you with an additional life insurance protection that will actually grow after you start paying all in which you have invested your life and savings.

**Flexibility, Liquidity, Investment, and Protection** are the main features of our program and four great reasons for you to get involved.

### This Is Your Program

We have spent hundreds of hours choosing the right vehicle and adapting it to the needs of our members. When it was finished, all of us involved were shocked and delighted. It turned out to be so much better than any of us had dared to hope. We had a package so terrific, I couldn't pass it up. I thought of each and every one of our employees.

### How Do You Get Involved?

Hopefully, beginning with the seminar in Atlanta, Georgia, June 16-18, 1984, USGF will have representatives at the various business seminars and the national convention ready to give you all the information you need and sign you up on the spot. We will also be contacting members by mail in the coming months.

If you realize, like I do, the unique opportunity of this program, you may not want to wait to get started. Then, sending me a card at USGF headquarters and we'll get back with you immediately.

We at USGF couldn't possibly let this opportunity pass us by. Neither can you!



GYMNASTS JOURNEY TO LA '84



China's Li Ning

- 1984 McDONALD'S AMERICAN CUP
- 1984 AMERICAN CLASSIC

## **Vidmar, Retton Defend McDonald's American Cup Titles**

## **Big Apple Turns Green For St. Patrick's Day Meet**

By Lois Graven  
USA Gymnastics  
Staff Writer

**M**olson Square Garden's "American Cup" is off to the end of the calendar beginning January 11 with Lou Holtz and Peter Vitali in the \$100,000 contest at the 1984 McDonald's American Cup. More fun made in space stations than anywhere else in the competition that you can follow New York without the "cup."

At the press conference after the meet, as the way leaving China Li Ning congratulated her with his and sheepishly recited the Ode and asked: "May I have?" Mary disengaged and stalked off in an embarras.

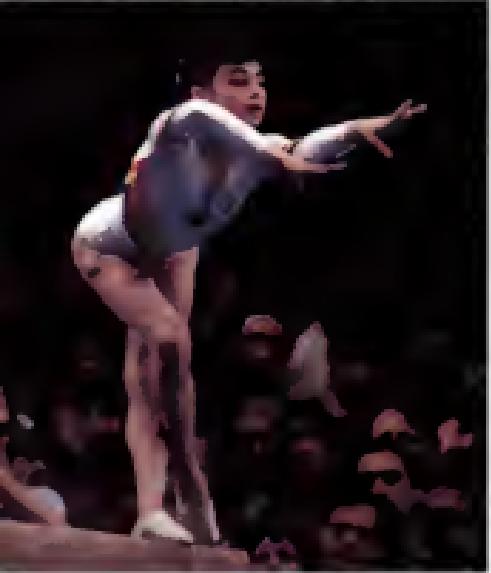
The 11th American Cup will be an exciting two days of competition. The schedule is as follows:

competitive. Due in part to the Olympic Games, this competition was viewed with special interest. Two other American Cup races have taken on Olympic years, 1976 and 1980. In 1976, the American Cup partnered Nadia Comaneci, Romanian and Past Gainer (1980) to willingly with Bob Kerrey, Sandra Smith and Mary Lusk present create the American Cup. A very prestigious competition and well received all over the world. It is notable that Nadia was around 1976. The tradition and legacy she can help make her great in the neighboring country of Canada a few years later. The 1980 American Cup, a tradition unique in competition with winners Bruce Talarico and Sam Thomas leading the way and going on to make the 1980 US Olympic team, only to be eliminated in the 1980 US because of the Olympic Games. This is one that will always be an interesting.

Studies of the human crime scene are going ahead in the USA. An investigation in the Soviet Union has also just been completed showing that. Due to an intensification of antisoviet propaganda preceding departure of Soviet sponsored USAs, we have no definite participants in American Cup. This trend followed by a series from the German Democratic Republic who discontinued their withdrawal due to threats of our athletes. The 10,000-metre race in Soviet trials which was well over last year's attendance dispelled any fears revolving in the absence of the Soviets and East Germans.

## Posthumous Commemoration

March 17, 1990



**T**he Men's competition may be described as a contest of the best singles with Li Ning leading the way. The 115-pound giants Mach Garibaldi, James Hartung, and Peter Vlachos, along with Li Ning (China) and Masao Watanabe (Japan) showed maturity and experience in developing their three "Measures of the Game." The men scored between 58.15 and 58.75. Li Ning led the competition through round three, with Mach challenging Hartung and Vlachos close in 4th and 5th respectively. In the final round Li Ning had all but beaten his landing from rings, allowing Garibaldi to take the lead. On high bar, Garibaldi had a full turn on the "Gavotte II," and one and a half (Russia) which he took over the bar quickly in an under spin. He had dropped him on a disappointing air. The score of the bar, due to according in the American Cup competition, the lowest, the figures are difficult to read, but coming in equal to in finals, Mach did not do the job.

### Winnipeg's Commissions

**E**lectively Mary had decided the most sought of Ryan was her name—brilliant and powerful enough for a night break after her unique form of name was on the highball. Transcendent in the McNamee empire, coded meaning an unassisted four set to the tune of a 100. And the race was on between Johnson and Mariano and the competition. Tom Ryan of Cleveland was 9.95, James Cagin of Louisville 9.93 and Ruth Johnson of Tulsa 9.90. All three had been set on a 100 by the evening. Mariano, Danilo, Durban, Johnson, McNamee and Ruth Johnson—9.885, 9.74, 9.76 and 9.60 respectively. It is interesting to note that when Mariano's name is first going for a top star name—a perfect balance between the two for the several qualities you find there. Mariano had Cagin's fine physique for strength Johnson's 9.74, Ruth's Mariano's 9.60, and a sound head for a top star name.



Yelena is a favorite among American fans, who will see her perform in the women's floor exercise final against Martha Gellman (below) with a 9.8.

surprised and leading off her double back dismount. Duran earned a conservative 9.65 for her routine.

Kathy and Julieanne both had disappointing floor exercise scores of 9.30 and 9.24 respectively. This brought the standings after the 3rd event to Duran 29.40; China (B) 29.35; Johnson 29.30; Johnson 29.24; and McNamara 29.00. Then came floor exercise. Kathy Johnson performed a pretty, well-flowing routine, according to the spectators who awarded a 9.0. When 9.05 was dashed, the score dove to 9.05, disqualifying from the meet. Close examination showed that the routine performed lacked necessary floor elements and was judged this as a maximum 9.70 due to the maximum floor score performed by each, choreographed routine explicitly. However—recognizing every one of her new moves—awarded 10.0! Same could well be done, and flexibility! Johnson, by beautifully, scoring a 9.20. Martha Gellman from California fit and concluded with a 9.80 and tremendous difficulties.

Durian Duran is getting healthy and back on track after a recurring knee injury, and recent change in her training coach in Duran. In the three routines and first she has had the 100% following her coach. In the competition she would have been vying for that second spot with McNamara and Johnson. There is no doubt that Durian, Johnson, McNamara and Duran make an awesome quartet of power, each contributing their own unique strengths to the whole.

In talking with Don Peters, the 1980 Women's Champ, Duran's coach overall evaluation of the preliminary competition is as follows in a message of his summary he said: "I think our team depth is going to be very deep. A number of our girls are not in their best shape and confident that they are going to be in, but I don't feel that they are really behind schedule per say."

#### RESULTS

**T**he most started finals in Olympic order on their own case, Li Ning led the way with a solid 9.90. followed by, Huang, Vielmar and Li Pengzhen—making them 9.85. Not an easy task, as far as any of the other six partners, but China's World Champion Li Ning even when he is

holding back has control and execution that few can match. I think this moment for those who were unable to attend the competition because this was not always reflective in the scores. The participants Peter Vielmar and Mitch Gellman, when talking with, are unforgettable.

The parallel bars, Li Ning possessed! Huang and Vielmar with a well executed routine and was awarded a 9.91. Vielmar brought the crowd to action with a well executed, very difficult routine and scored a first ever 10.0.

On rings, Li Ning, believe me! the 1984 World Champion rings, in my view, performed an interesting and original routine combination. Alex Grossfeld, Bill Morris, Olympic Coach, described it as "a double to a front, after combining it on the top like a gainer, going through into a front gainer". He finished the routine solid and received 9.90, winning the event closely followed by, Huang 9.85 and Vielmar 9.80.

Barring was a strong event for the spectators to like the springing from a 9.05 to 9.85.

During the fifth routine parallel bars, Li Ning was leading with a score of 9.60 in Vielmar's 9.45 and Huang's 9.25. Li Ning had a bad break during his bar routine and the result dropped him to third place. Vielmar and Huang in close standing was with Huang's routine ending with 9.90.

Li Ning on the final routine on high bar shocked all with a tall arch, but, in half the final score of 9.85 placed him in fourth behind Vielmar, Johnson, Yang Yuelan and Huang and overall a silver Vielmar. Sixth Berndt of Hungary does all perimeter and goes into the air again, on the second round can be observed another German Olympian Berndt Gohde who, on the other hand, then scores focused in that round.

In the press conference immediately after the competition, Li Ning was asked for his feelings about Yang Yuelan in finishing ahead of him. Li Ning responded, "I am glad an American won. In China there are many, many athletes like Yang Yuelan and I hope we will keep up with them."

(See page 28)



Martha Gellman, the fourth among floor spectators on the right, is Donald's American flag with her floor exercise routine. (Photo of Gellman's floor exercise taken at the McDonald's 1986 Gymnastics Competition).



1994 American Cup: Men's Champion Peter Vidmar (left) completes a floor exercise. His personal best rating for which he received a \$1000 fee. Vidmar successfully defended his 1993 American Cup title on all four floor exercises. Vidmar also received the men's floor exercise award for the second consecutive year. Credit: AP/Wide World

#### 1994 AMERICAN CUP

##### —MEN'S CHAMPIONSHIPS—

MARCH 18-19, 1994

NEW YORK, N.Y.

F

H

##### —INDIVIDUAL SCORES—

|                      | FLOOR | HIGH | BEAM | VLT  | BARS | BAR  | TOTAL |
|----------------------|-------|------|------|------|------|------|-------|
| 1. LI NING           | FRC   | 9.80 | 9.80 | 9.75 | 9.80 | 9.80 | 98.75 |
| 2. JAMES HARTUNG     | USA   | 9.70 | 9.80 | 9.80 | 9.70 | 9.80 | 97.50 |
| 3. PETER VIDMAR      | USA   | 9.60 | 9.65 | 9.65 | 9.65 | 9.65 | 96.90 |
| 4. MITCH GAYLORD     | USA   | 9.75 | 9.80 | 9.80 | 9.75 | 9.70 | 95.25 |
| 5. MITSUAKI WATANABE | JPN   | 9.70 | 9.70 | 9.70 | 9.70 | 9.65 | 95.10 |
| 6. KUNI SOTOMURA     | JPN   | 9.70 | 9.60 | 9.65 | 9.60 | 9.70 | 95.00 |
| 7. YANO YOSHIMI      | FRC   | 9.60 | 9.65 | 9.60 | 9.70 | 9.70 | 94.95 |
| 8. KASIMBO SUREZ     | CUB   | 9.65 | 9.60 | 9.55 | 9.60 | 9.60 | 94.80 |
| 9. ZOLTAN HORVATH    | HUN   | 9.65 | 9.75 | 9.65 | 9.65 | 9.65 | 94.60 |
| 10. ALLAN REEDON     | CAN   | 9.65 | 9.60 | 9.50 | 9.60 | 9.60 | 94.30 |
| 11. VILMOS KERVENYI  | HUN   | 9.60 | 9.65 | 9.70 | 9.60 | 9.60 | 94.30 |
| 12. LAURENT BARRERE  | FRA   | 9.60 | 9.60 | 9.65 | 9.60 | 9.60 | 94.25 |
| 13. RONALD DONAHUE   | HUN   | 9.55 | 9.60 | 9.60 | 9.60 | 9.65 | 94.00 |
| 14. JULIAN NICOLA    | HUN   | 9.60 | 9.60 | 9.60 | 9.60 | 9.70 | 93.95 |
| 15. DANIEL WINKLER   | FRC   | 9.60 | 9.60 | 9.65 | 9.60 | 9.60 | 93.95 |
| 16. DESIREE LACASSE  | ITA   | 9.65 | 9.75 | 9.60 | 9.60 | 9.60 | 93.95 |
| 17. BRUNO CAVALEI    | ITA   | 9.75 | 9.75 | 9.65 | 9.70 | 9.70 | 93.80 |
| 18. ERIC HENRY       | GBR   | 9.60 | 9.70 | 9.15 | 9.65 | 9.60 | 93.80 |

##### —WOMEN'S GYMNASTICS—

MARCH 17-19, 1994

NEW YORK, N.Y.

F

H

##### —INDIVIDUAL SCORES—

|                       | VULT | BARS | BEAM  | FLOOR | PLACER | TOTAL |
|-----------------------|------|------|-------|-------|--------|-------|
| 1. MARY LOU BUTTER    | USA  | 9.65 | 9.64  | 9.75  | 10.00  | 97.40 |
| 2. JULIANNE MCMANAMY  | USA  | 9.75 | 10.00 | 9.75  | 9.50   | 96.00 |
| 3. LAURA CUTTER       | GBR  | 9.60 | 9.60  | 9.60  | 9.70   | 95.90 |
| 4. HANNA REINA        | ITA  | 9.20 | 9.55  | 9.70  | 9.75   | 95.50 |
| 5. KATHY JOHNSON      | USA  | 9.60 | 9.60  | 9.60  | 9.65   | 95.45 |
| 6. ELIZ HEINTZ        | FRC  | 9.25 | 9.70  | 9.40  | 9.60   | 95.00 |
| 7. SELVIA TOPALOVA    | BUL  | 9.45 | 9.65  | 9.15  | 9.55   | 94.80 |
| 8. DEANNE DURHAM      | USA  | 9.75 | 9.60  | 9.65  | 9.70   | 94.70 |
| 9. MARINA GOLIKOVA    | RUS  | 9.40 | 9.75  | 9.10  | 9.80   | 94.60 |
| 10. MULATIKA POLIKOVA | CUB  | 9.75 | 9.60  | 9.60  | 9.75   | 94.60 |
| 11. MARCO MUSCO       | JPN  | 9.50 | 9.45  | 9.60  | 9.60   | 93.75 |
| 12. ZELOU QURET       | FRC  | 9.50 | 9.50  | 9.10  | 9.65   | 93.75 |
| 13. INQUAEL DEMERIT   | BUL  | 9.60 | 9.10  | 9.10  | 9.00   | 93.70 |
| 14. KATHALIN FOLY     | HUN  | 9.55 | 9.65  | 9.45  | 9.75   | 93.60 |
| 15. PATRICIA LUCONE   | ITA  | 9.55 | 9.60  | 9.15  | 9.60   | 93.60 |
| 16. SWITZEN           | FRC  | 9.15 | 9.65  | 9.15  | 9.75   | 93.40 |
| 17. JUDITH MAHFER     | IRL  | 9.70 | 9.50  | 9.60  | 9.70   | 93.30 |
| 18. ANDREA THOMAS     | GBR  | 9.60 | 9.60  | 9.60  | 9.60   | 93.00 |

##### —MEN'S CHAMPIONSHIPS—

MARCH 24-1994

NEW YORK, N.Y.

F

H

##### —INDIVIDUAL SCORES—

|                       | FLOOR | HIGH | BEAM | VLT  | BARS | BAR  | TOTAL |
|-----------------------|-------|------|------|------|------|------|-------|
| 1. PETER VIDMAR       | USA   | 9.80 | 9.80 | 9.65 | 9.80 | 9.75 | 98.20 |
| 2. JAMES HARTUNG      | USA   | 9.80 | 9.85 | 9.65 | 9.75 | 9.60 | 98.10 |
| 3. YANO YOSHIMI       | FRC   | 9.80 | 9.80 | 9.70 | 9.80 | 9.70 | 98.00 |
| 4. LI NING            | FRC   | 9.80 | 9.85 | 9.65 | 9.65 | 9.60 | 97.90 |
| 5. MITSUAKI WATANABE  | JPN   | 9.75 | 9.75 | 9.65 | 9.75 | 9.80 | 97.80 |
| 6. ZOLTAN HORVATH     | HUN   | 9.75 | 9.65 | 9.60 | 9.75 | 9.65 | 97.60 |
| 7. KUNI SOTOMURA      | JPN   | 9.70 | 9.80 | 9.75 | 9.70 | 9.60 | 97.40 |
| 8. KAZUHIRO KOBAYASHI | CUB   | 9.70 | 9.75 | 9.65 | 9.65 | 9.70 | 97.30 |

##### —WOMEN'S GYMNASTICS—

APRIL 1-10, 1994

NEW YORK, N.Y.

F

H

##### —INDIVIDUAL SCORES—

|                      | VULT | BARS | BEAM  | FLOOR | PLACER | TOTAL |
|----------------------|------|------|-------|-------|--------|-------|
| 1. MARY LOU BUTTER   | USA  | 9.80 | 9.75  | 9.80  | 9.75   | 97.50 |
| 2. LAURA CUTTER      | GBR  | 9.65 | 9.65  | 9.75  | 9.65   | 96.90 |
| 3. JULIANNE MCMANAMY | USA  | 9.80 | 10.00 | 9.70  | 9.60   | 96.70 |
| 4. EUGENIA SOKOLOVA  | RUS  | 9.15 | 9.50  | 9.60  | 9.60   | 95.25 |
| 5. SELVIA TOPALOVA   | BUL  | 9.65 | 9.75  | 9.55  | 9.60   | 95.20 |
| 6. ELIZ HEINTZ       | FRC  | 9.65 | 9.65  | 9.55  | 9.60   | 95.15 |
| 7. HANNA REINA       | ITA  | 9.40 | 9.80  | 9.50  | 9.60   | 94.70 |
| 8. MARINA POLIKOVA   | CUB  | 9.70 | 9.75  | 9.65  | 9.65   | 94.70 |

#### 1994 AMERICAN CUP

USA's Mary Lou Retton



# Retton Shines Over San Francisco

By Bob Right

**C**alifornia State University—Hayward was the site for the American Classic—the first stop on the road to Los Angeles for 48 of America's top Olympic hopefuls. From this competition, 12 senior women qualified for the McDonald's Championships of the USA based upon their adjusted compulsory and optional scores. Recent World Championship competitors who have been granted automatic entry to the Championships were not included among the top 12 qualifiers.

The American Classic represents the first of two opportunities from which a gymnast can qualify to the Championships to be held May 11-15 in Chicago. The next qualifying meet, the USA Classic will be held April 12-14 in Niagara Falls, New York.

## TRAVALS

### VAUET

**I**n a class by herself, Mary Lou Retton clearly outdistanced the field. Her piked double front exploded off the horse earning her a 9.75. Her full twisting Takahara, although partially tucked and not as high as the preceding day, still received a 9.7. The gymnastics world has rarely, if ever before, seen such a powerful vauet.

Finishing in second, Tracey Toliver's roundoff (on to the board) flip flop layout back showed an excellent straight body position on the layout and scored 9.5. It was a welcome sight to see a straight body layout body position coming off the horse after so many girls throughout the meet attempted layout Takaharas with less than straight bodies. Toliver's second vault, a tuck double front half twist, scored 9.4.

Yolanda Murray of NASA used a Karamzin (9.60) and a layout Takahara (9.20) to capture third place.

The junior girls proved to be a tough bunch of nullities. They may have been tiny, but they sure did lay double fronts. Most had a strong second vault as well. Becky Johnson of the Texas Academy held on to first place with her double front (9.45) and a full twisting Takahara (9.60).

### FLLOOR

**C**once again pulling her out an front to win the third event, Retton was unbeatable. No one handles like Mary Lou. Mounting layout double back and twisting a full-in back-out in her second pass, Retton was unbeatable, scoring 9.90.

Kathy Johnson's 9.60 kept her in second place. She stood up a good pike double back roundoff and displayed her usual style for which she is internationally renowned.

Finishing in third place and scoring 9.55, Michelle Dusser maintained with a good triple twist. Her triple was one my attempt but one of the few (if not the only one) well executed. Most of the girls underperformed their triples.

Takahara, narrowly edged out of third place, finished strong using a pike double back, tuck double back, double twist and a 1/4 twisting dive roll.

Although most of the junior finalists turned good double backs, their retiring mechanics were not as strong. Mary Marlowe of Rocky Mountain Gymnastics maintained her lead from options, scoring another 9.45. Her routine closing with

a well executed full-in back out, included a double twist and dismounted tuck double.

### OPEN PARALLEL BARS

**M**ary Lou Retton came into her final as the leader followed closely by the other finalists, each separated by less than .15. A good routine from any one could have won the event. All the girls are outstanding on bars.

Retton attacked bars in her usual fashion to achieve the highest score (9.65) and win the event. She moves aggressively throughout the routine while showing tremendous amplitude on her back uprise from flip to turing position on the high bar, gainer into reverse back and toe on pike from dismount.

Finishing in second place, Yoshiko Matsui let a clean set scoring 9.5, the performed good back studders and successfully executed a mixed grip Delaunay.

Lucy Woerter received a 9.45 placing third with a routine that used a low bar back handspring reverse back to reach the high bar in a mixed grip and a body with half twist roundoff.

Fourth place finisher Lisa Witmer (9.40) was particularly notable for her goliath midstyle. Fifth place finisher Michelle Dusser (9.25) displays originality with the following combination giant, Higgins roll, Jaeger roll from the switch. She also dismounts state from flip with a full twist.

The junior girls did not fare as well on bars as they did on the other events. This may have been due in part to their inexperience with this event. Additionally, their physical strength may not have been adequate for the difficulty level attempted. Nevertheless, Tracy Calore, the all around winner from Parkers, displayed her optional score of 9.3 while one of the other girls' scores dropped dramatically. Calore completed a size set and dismounted with a high swing pike double back flyaway.

### BALANCE BEAM

**A** solid 9.6 round off by Tracey Toliver kept her out in front, breaking Retton's stranglehold on the gold. Toliver rounds roundoff (on to center board) flip flop on the beam. Her tricks include the Toliver flat on aerial, can-can, pike back and a roundoff back double back dismount. Besides good tricks, she works with confidence appearing very much at home up on the beam.

Although finishing third in the final placing, Gymnastics of Oklahoma's Kelly Gernhardt's 9.7 was the afternoon's highest beam score. Like Toliver she uses a roundoff (on to the center board), but instead goes a triple back roundoff—stack cold! Her tricks include flip flops into tuck back, half out into a back walkover, can-can back layout step out, a double turn, aerial cartwheel, an original shoulder roll combination and a roundoff double back dismount. Her leaps, passes and style were as impressive as her lot of skills.

A clean routine by Tracy Butler of Parkers, scoring 9.60 brought her up to second place. Butler demonstrated good handstand and pectoral control, extreme back flexibility and an excellent double roundoff dismount.

The junior girls were strong performers on beam. Mary Goyer of the Beta Flips, coming into finals with a healthy full hang on as first place with a captivating routine using strong dancer fundamentals with good tumbling. She scored 9.45.

1984 AMERICAN CLASSIC  
BAYSHORE, CALIFORNIA  
MARCH 2, 3, 4,  
OFFICIAL

| ELITE                |                     | COMBINED EVENTS |           |             |           |            |            |
|----------------------|---------------------|-----------------|-----------|-------------|-----------|------------|------------|
| NAME                 | TEAM NAME           | AGE             | VAULT     | BAR         | BEAM      | FLOOR      | ALL-AROUND |
| 1 MARY LOU BITTEN    | KARMONIC GYMNASTICS | MINOR           | 19.75 1   | 18.70 1     | 18.72 1   | 18.30 1    | 75.80 1    |
| 2 KATHY JOHNSON      | SCATS               | MINOR           | 19.65 1   | 18.58 4     | 18.68 2   | 18.60 2    | 75.68 2    |
| 3 ELIZ WISNER        | SCATS               | MINOR           | 19.55 3   | 18.64 1     | 17.92 12  | 18.60 4    | 74.20 5    |
| 4 MICHELLE DUNNAGE   | SCATS               | MINOR           | 18.70 18  | 18.68 2     | 18.66 9   | 18.58 5    | 73.98 4    |
| 5 TRACEY TALOVERA    | GYMNASIUM STATE     | MINOR           | 18.40 5   | 17.00 4/7   | 18.08 1   | 18.56 6    | 74.04 4    |
| 6 TRACEY BETTER      | PARADETTES          | MINOR           | 18.54 10  | 18.12 8     | 18.52 4   | 18.52 7    | 74.80 6    |
| 7 LISA WITTMER       | TEXAS ACADEMY       | MINOR           | 19.18 2   | 18.68 6     | 17.00 5/7 | 18.22 12   | 74.12 7    |
| 8 YOLANDA MATTY      | NATIONAL ACADEMY    | MINOR           | 19.24 1   | 18.56 5     | 17.08 10  | 18.20 11   | 73.98 8    |
| 9 KELLY GARRISON     | GYMNASTICS COLORADO | MINOR           | 18.00 5/7 | 18.04 11/17 | 18.13 7   | 18.26 10   | 73.62 9    |
| 10 TAWNY SMITH       | PARADETTES          | MINOR           | 18.01 17  | 18.48 7     | 18.68 10  | 17.70 23   | 72.64 10   |
| 11 SEYI BALDWIN      | ALABAMA VALLEY GYM  | MINOR           | 18.31 7   | 18.14 10    | 17.50 22  | 18.00 13   | 72.30 11   |
| 12 THIMA TINTI       | UCLA                | MINOR           | 18.52 9/5 | 18.31 8     | 17.94 10  | 18.00 12   | 72.22 12   |
| 13 MICHELLE SCHAFFER | DEARS ACADEMY       | MINOR           | 18.44 24  | 17.18 20/7  | 17.62 17  | 18.51 5    | 72.16 13   |
| 14 KOREY HAYNE       | KARMONIC GYMNASTICS | MINOR           | 19.35 5   | 17.63 24    | 17.76 19  | 17.64 29/7 | 72.00 14   |



Lisa Wittenmer showed strong form and good control, resulting in her second-place finish. (USGF photo © 1984 Dave Frank)



Michelle Dunnage (below) had a good American Classic, and here she is caught showing her balance beam routine. (USGF photo © 1984 Dave Frank)

| ELITE              |                        | OPTIONAL EVENTS |           |          |          |          |          | ALL-AROUND |            |
|--------------------|------------------------|-----------------|-----------|----------|----------|----------|----------|------------|------------|
| NAME               | TEAM NAME              | AGE             | TEST      | VAULT    | BAR      | BEAM     | FLOOR    | TOTAL      | ALL-AROUND |
| TRACEY CALDIERO    | PARADETTES             | JUNIOR          | 8.61 6 7  | 9.20 7 1 | 9.03 1   | 8.21 2   | 8.05 1/7 | 56.90 1    | 44.78 1    |
| MEGAN MARLOWE      | BUCKY MOUNTAIN GYM     | JUNIOR          | 8.81 4    | 9.20 1 1 | 8.70 1/7 | 8.80 1/7 | 9.04 1   | 56.24 2 1  | 44.80 2    |
| MARY COOPER        | BUCKY PLAYS            | JUNIOR          | 8.81 6 7  | 8.70 1/7 | 8.63 1/7 | 8.50 1   | 9.39 1 3 | 55.88 1    | 43.86 1    |
| SHANNON JOHNSON    | TEXAS ACADEMY          | JUNIOR          | 7.23 14/7 | 9.50 1 7 | 9.18 4   | 8.70 2/7 | 9.00 5   | 55.24 2 1  | 45.16 4    |
| ROSE SILVERMAN     | MARINATIONS GYMNASTICS | JUNIOR          | 8.54 1    | 8.40 2/7 | 8.55 1/7 | 8.20 5 7 | 8.45 2/7 | 54.60 1/7  | 45.14 5    |
| KAREN DALTON       | ALABAMA VALLEY GYM     | JUNIOR          | 7.20 16   | 9.00 7 7 | 8.75 1/7 | 8.05 5 7 | 9.05 6 7 | 55.85 6 7  | 45.05 6    |
| HEATHER WOODBRIDGE | GYM DANCERS            | JUNIOR          | 8.55 2    | 8.95 2/7 | 8.68 2/7 | 8.70 2/7 | 9.05 6 7 | 54.40 2/7  | 42.64 7    |
| MICHAEL BRAINE     | STEVE WHITMORE SCHOOL  | JUNIOR          | 7.44 12   | 8.80 1/7 | 8.88 8 7 | 8.60 2/7 | 8.84 1/7 | 55.35 8    | 42.50 8    |
| KATHLEEN BELANGER  | GREEN CITY GYMNASTICS  | JUNIOR          | 8.40 10   | 9.00 1/7 | 8.68 10  | 8.60 1/7 | 8.88 1/7 | 55.78 9 7  | 42.48 9    |
| SARINA RABE        | SCATS                  | JUNIOR          | 7.69 8    | 8.90 7 7 | 7.80 11  | 8.25 7 7 | 8.75 1/7 | 54.70 1/7  | 42.90 10   |
| LEE DEP FOSTER     | BUCKY MOUNTAIN         | JUNIOR          | 8.87 4/6  | 9.00 1 7 | 8.65 8 7 | 8.60 1/7 | 9.25 2   | 55.34 4    | 42.07 11   |
| KRISTY PHILLIPS    | GYMNASTS               | JUNIOR          | 7.08 17   | 8.45 1/7 | 8.10 16  | 8.35 4 7 | 9.00 4 7 | 54.85 1/7  | 42.01 12   |

**W**omen's health was highlighted with Mary Hartley's *Women Talk* (fall 2010) to open "World Health" from the 2010 McDonald's American Cup coverage. She spoke of the importance of self-care for women, from the perspective of women leaders in the world today. There are many more to be added to this list. I am particularly excited about the "Women in the Boardroom" of *Leadership*, which could be awhile before these contributions are matched with the same measure of length and diversity with which Mary Hartley wrote about women's issues.

In the case and treatment, however, there were two pathogenic microorganisms, bacteria and viruses, a close link was found between the



Johnson, followed her with a 1000. Tamburini, Shry, and one unnamed Feldman all became belayers, Johnson had a wild ride and the double jump. A fall resulted in a 9.95 dropping her into third place. On the second, Johnson's Lance Cawthra and her second, a competitor's Raymond Cawthra, had their own race with 50th. Both competitors had solid jumps and several drive meetings. Shry had one fresh character meeting after her second jump. Half in, half out, and Johnson had a break on her last jump (skip steps, single fall) where she went out of bounds resulting in a 9.75 points for both.

In the women's competition, Linda and Marlene bring together the teamwork and the energy. Marlene, Linda, and Julianne always work together. They compete against themselves, then work as a team. It had an opportunity to tell their coach, Bill Rundt about their teamwork spirit. They then sang their team motto, "Sing, then any opposite types of personalities and they attempt to other than their own to make them better succeed." The way it was done because of the emphasis on teamwork, the way they push each other and share the responsibility, double the confidence and increase the fun."

If the P.M. McDonald's American flag is displayed as on Mr. Kennedy says and if we continue to look and perform with the strength and reverence we are showing now, I think Mr. Kennedy and Mr. Powers will agree that the goal of getting the rest of the prisoners out of Cuba is not far off.

Jim Martzberg had a fine showing in the 1984  
McDonald's American Cup, placing second.  
During the Allied Pro Competition, Martzberg  
joined with Johnnie McNamee  
to win a USCP (Johnson & Dever Block).

### The effects of *Chlorophytum* on *Scirpus* (Benth.)

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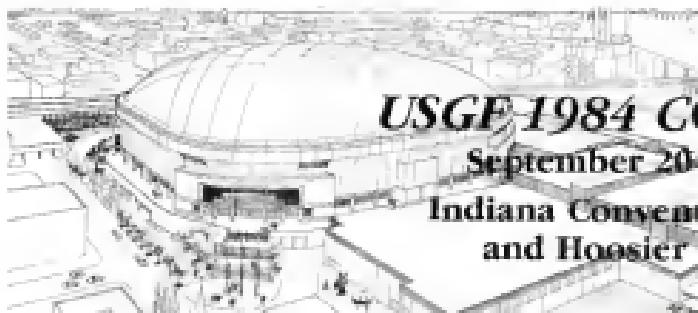
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# USGF 1984 CONGRESS

## September 20-23, 1984

### Indiana Convention Center and Hoosier Dome

#### Tentative Schedule

##### September 18, 1984

|  |                  |
|--|------------------|
| Business Management and Opportunity Seminar (BMOS) |                  |
| Registration                                       | 8:00 am          |
| Seminar  | 8:30 am- 6:00 pm |

##### September 19, 1984

|   |                  |
|---|------------------|
| BMOS  | 8:30 am- 6:00 pm |
| United States Gymnastics Federation (USGF)—American College of Sports Medicine (ACSM) Sports Medicine in Gymnastics |                  |
| Registration  | 8:30 am          |
| Session   | 9:00 am- 5:30 pm |
| American Coaching Effectiveness Program (ACEP)  |                  |
| Registration  | 7:00 pm          |
| Seminar   | 7:30 pm-10:00 pm |

##### September 20, 1984

|                               |                  |
|-------------------------------|------------------|
| ACEP Seminar                  | 9:00 am- 5:00 pm |
| General Congress Registration | 1:00 pm- 6:00 pm |
| General Assembly              | 7:00 pm- 8:30 pm |

##### September 21, 1984

|                   |                  |
|-------------------|------------------|
| Congress Meetings | 9:00 am- 5:30 pm |
| Tour of Champions | 7:30 pm          |

##### September 22, 1984

|                                  |                  |
|----------------------------------|------------------|
| Congress Meetings & Registration | 9:00 am- 6:00 pm |
| Reception                        | 7:00 pm          |
| Banquet—Convention Center        | 8:00 pm-10:00 pm |

|                             |                   |
|-----------------------------|-------------------|
| USGF Amateur Talent Contest | 10:00 pm-11:00 pm |
| Congress Meetings           | 9:00 am- 3:00 pm  |

##### September 23, 1984

|                          |  |
|--------------------------|--|
| **Schedule is Tentative. |  |
|--------------------------|--|

In addition, on Friday evening, September 21, 1984, 7:00 pm, at Market Square Arena, the USGF will host the McDonald's Tour of Champions, an international exhibition of the '84 Gymnastics Olympians and medal winners. The athletes will perform two routines, one being the apparatus and routine that they won a medal for. It will be an exciting opportunity for all to learn from the best.

#### REGISTRATION FORM

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Registration fee: Check appropriate box(s)

USGF-ACSM     ACEP     USGF Congress  
Seminar                   Seminar                   Sept 19-20, 1984  
Sept 19, 1984              Sept 19-20, 1984  
Call (619) 428-0979 for registration for the BMOS on September 18, 1984

Total Amount Enclosed \_\_\_\_\_

Please check appropriate box:

Coach     Judge     Club Owner     USGF Member     Other

#### Congress Fee: \$50.00 per person

Seminars prior to Congress are additional fees and listed below.

USGF-ACSM    \$35.00/person  
ACEP            \$55.00/person

Please return registration form and fee to:  
USGF Congress  
801 W. Washington Street  
Merchandise Plaza 1144B  
Indianapolis, Indiana 46204  
(317) 638-8743

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## Amateur Talent Contest

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- All entries must be submitted in the form of a written description, photos may be included, by June 15, 1984. (in 150 words or less).
- Entries must be limited to 12 people or less.
- Entries are limited to a five (5) minute presentation.
- Entries must be able to fit in an area of 20' x 15'.
- Once entries have been received they will be reviewed by the Board of Contest Reviewers and ten (10) finalists will be notified by July 20, 1984, to present their entry at Congress.
- Contest finalists must be registered for Congress.
- Winner will be determined by audience applause.

All participants are asked to use discretion and good taste in preparing the entry.

For more information, contact the USGF office, 101 W. Washington Street, Suite 1144E Indianapolis, IN 46204 Phone, 317-638-8743.

\*Check the "USGF Office News" section of this issue (March/April) for Congress Update and further explanations of activities.

#### Hotel Accommodations:

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Indianapolis, IN 46204  
(317) 652-1234  
668 00
3. The Indianapolis Hilton  
Meridian & Ohio  
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(317) 635-2000  
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4. Howard Johnson—Headquarters Hotel  
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Ticket to Banquet

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- Business Management & Opportunity Seminar  
September 18-19, 1984
- American College of Sports Medicine (ACSM)—United States Gymnastics Federation (USGF) Sports Medicine in Gymnastics  
September 19, 1984
- American Coaching Effectiveness Program (ACEP)  
Level 1, September 19-20, 1984  
See Tentative Schedule for times.
- For Business Management & Opportunity Seminar  
Registration, call (609) 428-0979, or write BMDS, Box 838  
Cherry Hill, NJ 08002

# USGF, NISSAN Bring Gymnastics Enjoyment To Thousands

**T**he USGF and the Nissan Motor Company of the USA are in their second year of gymnastics promotions at the various auto shows around the USA. The USGF is grateful to the Nissan Company for providing an opportunity to enlighten large audiences at the variety of auto shows to the many aspects and enjoyments of the sport of gymnastics. Each and every show is attended by large crowds of people of all ages. The gymnastics demonstration appears to be a great hit for the many young people that attend these auto shows.

Hundreds of thousands of people have had the opportunity to enjoy gymnastics in person with the help of many of our national team members and many of highly cooperative and energetic private clubs. The sport of gymnastics has shown, in these shows, its unique ability among amateur sports to draw popularity and have the ability to put on entertaining performances without competitions. The USGF/Nissan demonstration shows should prove to be the forerunner of many such entertainment opportunities for gymnastics.



*By presenting these gymnastics clinics throughout the car shows, Nissan and the USGF get the word out to thousands of people all over the country. (Above) Young Gymnasts from California, along with National Team member Debbie Batten, go through the above clinic at a local gymnasium in San Diego, California. (Left) The girls go through routines for the anger at the 1984 USGF/Nissan Show.*



# Juniors Pass Olympic Testing At The Springs

By Michael R. Bentz

**O**ne of the most exciting events in boys' gymnastics besides the National Championships each year is the Jr. Olympics. Testing every December to determine the top Jr. Gymnasts in the United States.

There was a line of energy as the best gymnasts in the country with their coaches arrived at the Olympic Training Center in Colorado Springs. Each gymnast through their hard work and dedication hoped to gain birth to one of the most prestigious positions a young gymnast could be chosen for... a member of the United States Junior Olympic Team.

This event award the TOTAL gymnast by evaluating their potential, skill level, and competition performance. Each boy that participated should be very proud, it is an honor just to qualify for the National Testing. The following boys were selected to the 1984 Junior Olympic Team:

| Elite          | 15-16            | 17-18           |
|----------------|------------------|-----------------|
| Tijan Mckayen  | Carl Goldsworthy | Charles Vingher |
| 17-18          | Bobby Shultz     | Richard Costa   |
| Mike Epperson  | Tessa Greenwood  | Ted Dennis      |
| Kevin Davis    | Bill Bertram     | Spit Riwakow    |
| Chuck Gerando  | Joel Tucker      | Trent Dennis    |
| Stevev Butler  | David Zolotow    | Paul Baudel     |
| Brian Goldberg | Tom Vaughan      | 19-22           |
| Ed Rodriguez   | Chris Walker     | David Kish      |
| Mike McCabe    | Brad Bryan       | Jerry Biles     |
| Steve Rajko    | 13-14            | JJ Shelly       |
|                | Domingo Minaoay  | Matt Lander     |
|                |                  | Steven Adams    |



Steve Rajko (above) goes through his ring routine which he won with a 10.0. Appearances and the top American with 16.10 points. (Right) Tessa Greenwood and friend (left) 17-18 points (below). These winners from the USA and Japan during the Olympic Training Center Colorado Springs, Co (1983 photo - Mike Dore Black)

These boys and the Junior Olympic Training Staff under the direction of Max Watanabe stayed at the Olympic Training Center for a week of training. Watanabe introduced a strength concept that we experimented with during the week with our new National Team Members.

Watane discovered the Russians do their strength training in the morning. The reasoning behind the concept seems to be that our body is at its maximum recuperation period mentally and physically in the morning. At this time the gymnast should be able to push harder and because the body is rested more at this time of the day than any other the number of repetitions or amount of time holding strength skills should increase thus making the gymnast stronger. A week is certainly not an efficient amount of time to prove the validity of the concept, but the results recorded and the response from the gymnasts were very positive.

The following seven boys were selected to represent the United States in a competition against a Junior Team from Japan that trained with us during the week. Steve Rajko, Mike Epperson, Chuck Gerando, Tessa Greenwood, Mike McCabe, Tijan Mckayen, and Joel Tucker. They were coached by Mike Thomas and Dr. Robert McKechnie. Although we did not win, I feel each young man had a personal victory as they set goals to reach their competition potential. It was a great demonstration of team work and spirit by seven young men.

|       | Pommel |       |       |       | Parallel |       |        |       | High |       |       |      |
|-------|--------|-------|-------|-------|----------|-------|--------|-------|------|-------|-------|------|
|       | Floor  | Score | Rings | Vault | Bars     | Score | Bars   | Vault | Bars | Score | Vault | High |
| USA   | 46.79  | 44.89 | 43.99 | 47.80 | 49.19    | 47.03 | 278.80 |       |      |       |       |      |
| JAPAN | 47.68  | 47.85 | 47.20 | 47.68 | 47.95    | 47.03 | 284.25 |       |      |       |       |      |

## MASTER OF THE GAME

(from page 19)

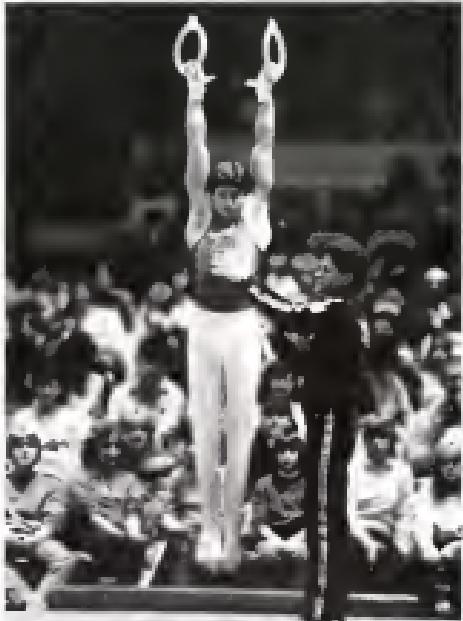
everybody. 10.0s, it is not right. The problem is, the guy will go up early and he will score that 10.0 and another guy comes up with a harder routine and better routine and they give him 10.0 and the guy's stuff was better and they are going to tell him for first. Something has got to be changed. A definitely has to be revised or something."

Everything is happening so fast, you are moving fast, I guess I am wondering how are you feeling the pressure, how are you handling it?

"That's a very good question."

Is that part of the maturity process too?

"Exactly, that's what it is. I am moving this fast for some reason I am feeling the pressure I think more than I would if I were a little slower. I try not to think about it because if I do it disrupts the training and my performance. The way to get around it for me is the more basic thing, that is to just train as hard as I can so that I will feel really confident when I get out there on the floor and then you won't even feel the pressure because you will be so confident of yourself that that still doesn't even come into your mind. The only way I know how to do that is by training extremely hard, so if you do that in the gym hopefully you won't feel that type of pressure. You can't become complacent either, the fact that I took first place at Championships last year I think I have had a pretty successful year and I feel that I am starting to come into my own, but if I become complacent with that, I think I will just



"With whatever coach of his nation, his brother Chuck, who according to Gygax, 'is in there every day with us, every hour of the day and he is giving 100 percent just like I am.' (DSG photo by Don Stach)

stoppe. I have to be hungry all the time and want to go out there and win. I am going to keep that in mind at all times."

Speaking of 1984, I guess this is the D-day year. You have NCAA coming up real soon, in a month, and the next month after that is the Championships of the USA, Olympic Trials and then the Games.

"It's going to come real fast."

I guess that puts you on a pretty tight schedule. Where are your priorities and are they fitting into a good schedule for you? You are going to have to peak four different times in four months. Is it mapped out?

"I am trying to map it out, but it's very hard. Right now, I am feeling a little mentally fatigued because of the collegiate season and I am working with Coach Sherlock and trying to compete in as few meets as possible and just go into the NCAA, but unfortunately you can not really do that, you have got to help the team out and all of that. The main time to peak is the Olympics and I do have to peak in the Trials and at USA Championships, those are the two meets where I want to be in top form. For NCAA's I want to be in great shape there but there is no way that I am going to be able to peak at NCAA's like I want to peak at Championships. Trials and the Olympics I don't even try to just a meet along the way, because it's not, it means a lot to me and it means a lot to the UCLA team so I want to definitely be in good shape there. I think I will be."

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From the look of this year's competition record, it looks like this is the year for the UCLA team to break the Nebraska streak.

"We are undefeated so far this season, and if we don't do it this year we are never going to do it, that's the way I look at it. I think the whole team wants it bad. Like I was talking about the team being hungry. Well we are. We want it. Five points is a rise for Nebraska is just too many times, we want to bring the crown to the West Coast."

What do you think about the athletes who are competing in both NCAA and USGF international competitions? I realize that it is difficult because we are looking at two different seasons, but should they divide their loyalties or is there a way to compliment both seasons?

"There is a way to compliment both seasons and that's by making both your compulsories and options for your USA meets during your NCAA season and saving the NCAA meets in time up. You're not putting any of them, with the exception of NCAA's, and just use them as part of your training. It is a lot harder than it sounds because when you go into a competition you want to be mentally up to it, you want to be peaked and all that, and you can't be. It changes the whole atmosphere of the competition and that's what I have been going through. Even when I came here I almost forgot to shift my mental concentration."

"The way it looks right now is that most of our top members of the National Team are going to be out of college and I think it is better, I really do. I think that the less collegiate meets we have and the more focused we are on our big international meets, the better we are going to do as a team. It looks real good that way. I

would say, I don't want to mention names, but Tim Buggen and I are in college right now and we're going to be out next year and there are a few other people in college that have a shot at the Olympic Team, but pretty much the whole team is going to be out and I think that is really good for us. I really do. We can concentrate just on international meets. That's what we really want to do anyway. USA gymnastics has, they collegiate, without a doubt."

That's interesting, that's a real tough one.

"I am not knocking collegiate gymnastics. I think it is an excellent place to develop our gymnasts, but once you get a certain level I think that international gymnastics means way more to you than collegiate gymnastics. That's where I am."

That's a really good point. Collegiate gymnasts can be a vehicle for hundreds even thousands to develop their gymnastics and competitive experience, helping broaden the depth of the competitive base for those athletes who choose to compete internationally.

"That's a good way to put it. I learned more in the first year of college than I have ever learned since I started gymnastics and I continue to learn. I think it is the atmosphere that you go into. You are in an atmosphere where there is a whole lot of people who share the same goals and want to move fast."

You mentioned that next year most of the athletes are going to be out of school, that you and Tim will be out of school, does that mean that after 1984 there is going to be 1985?

"'88 is another four years, and that's a really long time away from now. It's only four years, but still you can

(See MASTER, page 56)

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definitely count out of the other 14, but I can't say I am concerned the 88, that would be pretty unreal for me to say. What I will do, I will stay in this sport as long as I am improving at the rate that I were to improve it and as long as my body is holding up and I'm flexible. Another thing is the goals that I set for myself are really high and if I don't reach the goals in 1984, I am definitely not going to retire. I want to reach those goals before I retire. I have to feel that I have reached the top of my sport before I retire. That's just something that's in me and whatever that means, maybe it means gold medals at the Olympics or maybe means at a World Cup competition, placing not high in the all around. I don't know, what it is going to mean to me. I will just have to wait and see."

**Questions about yesterday's competition.** First of all, can you describe the flykord 2?

"It's a flyover half that goes over the top of the bar and catches the same type of way my other flick does. But I like it a lot better because I can see it more. What happened yesterday, felt like a blake and it shouldn't have happened, that's why it was frustrating because I was at the right distance to catch, but my thumb hit the bar instead of my arm and that was frustrating to me because I put it in the right place."

It seemed like in warming up you were having a little trouble with it and so we were surprised that you put it in. Did you know that the scores were as close as they were?

"Yeah, but I came into this competition with the idea



With Li Ning's score below him, Gaylor knew he did not have room to catch up, but he tried, as the best in the world. (USG) photo © 1984 Dennis Blankley

that Li Ning was the man to beat. This is very honest, and I felt that the only way to beat that guy was to throw everything I have and that's what I set out to do and I took that risk. I felt that it was worth it to me. I didn't want to come here and take third or fourth or whatever I wanted to go out there and challenge Li Ning and that's what I set out to do. I took that risk. So I am, I mean I am disappointed that I am not in today's competition, but I feel good about the fact that I did it and that I was facing half way through the meet and that I did good."

When all is said and done, and the history books have Mitch Gaylor in them, how do you want it to read, what do you want to be remembered?

"I want to be remembered as an innovator, for the person who went out there to help USA gymnastics get up to the level of the Russians and Chinese. I want to be the one remembered for taking the chances just because I felt that that's what we needed to do. But I also want to be remembered as a team player because that is a main goal of mine is to get this country up into the third place for the year and then keep moving upwards because I think we have a great sport. I think that it would be just fantastic if the little boys growing up would get into gymnastics instead of the other major sports. I think it's a great sport."

**How does this competition forecast your chances for a medal for next summer? How about as a team?**

"I think we have Li Ning here. He is the main man. That's the guy that I look up to. Li Ning, he is the main guy I don't think anyone is as good as him, anyone has the talent that he has. When he is on I don't think he is beside. That's the main plus of this competition. It is unfortunate that the Soviets are not here because they would have been a lot better."

"It looks really good for a bronze team medal. We just have to do our individual part. We all have to do that. When we got there in 1981, it has to be a team effort. We did do that in Budapest so we were all pleased with that. We really pulled together and didn't have people going out there for individual things, but it just didn't happen. I think it is ready to happen in '84. I really do."

**We have got our best chance.**

"Definitely."

I found my discussion with Mitch tremendously enlightening and enjoyable. I thought it was interesting to note that he mentioned "goals" 10 times throughout our discussion and that the goals were not necessarily linked with honors or awards, but rather with reaching his own standards of excellence and developing his potential to the maximum. He is highly self-motivated and strongly committed to making a mark on the growth and development of the sport of gymnastics in the United States.

**A final note: —**

At the conclusion of the McDonald's American Cup, during the press conference, Li Ning was questioned about what he learned from the competition here in New York. He answered (through an interpreter) the first we would want to be in better physical shape for competition — the United States competitors Valerie Harkness and Gaylor were in much better competition shape than he was at this time, and accordingly that he was very impressed with Mitch Gaylor's innovation in his gymnastics moves, using high bar and he thought that was very important.

Mitch, I think Li Ning sees your goal and raises you one challenge. Good luck to you as you gather these cards for the Summer's Games.

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# ELIGIBILITY

The Executive Committee of the Board of Directors of the United States Gymnastics Federation has authorized the creation of a new Eligibility Code. Following is a copy of that Code in its entirety.

The USGF Eligibility Code is effective at this time. Any changes will be communicated through USA Gymnastics. The Code is designed to provide the country's gymnasts with the maximum opportunities to receive assistance to help defray the rising costs of training and competition while at the same time being consistent with the rules established by the International Gymnastics Federation and the International Olympic Committee. By so doing, the Code also responds to the increasing problem of unregulated and unaffiliated commercial exploitation of the sport of gymnastics and the athletes participating in that sport. Because of the significance of this document, the importance of maintaining the eligibility of our athletes in this Olympic year and the highly commercial nature of the Olympic Games, the gymnastics community is encouraged to take the time to read carefully this Code.

USGF eligibility rules do not and cannot address matters related to NCAA or other similar scholar-athlete eligibility codes. All gymnasts desiring to protect their NCAA eligibility are urged to consult the NCAA Manual or to call the NCAA whenever they are in doubt concerning whether an activity or event will jeopardize their NCAA eligibility. Please direct questions relating to USGF eligibility to the USGF Executive Officer.

February 1984

**Eligibility Code of the  
United States Gymnastics Federation  
Preamble**

The United States Gymnastics Federation ("USGF") is the sole national governing body for amateur gymnastics in the United States ("46 USC § 101 et seq."). As such, the USGF is charged with the responsibility for (1) assisting gymnasts to prepare for and become eligible to compete in amateur athletic competition at all levels including national, International and Olympic Competition and (2) verifying the eligibility of gymnasts to compete in such events. In furtherance of that responsibility, the USGF adopts the following Eligibility Code.

The purpose of the Eligibility Code is to establish rules to be followed by any gymnast wishing to remain eligible to compete in events conducted, sponsored, sanctioned or approved by the USGF. The Eligibility Code is also intended to reflect and be consistent with the eligibility rules established by the International Gymnastics Federation ("FIG"), the International Olympic Committee ("IOC") and the United States Olympic Committee ("USOC").

In compliance with the requirements of federal law the Eligibility Code: (1) is not more restrictive than the eligibility code of the FIG and (2) recognizes that any amateur sports organization which conducts athletic competition, participation in which is restricted to a specific class of amateur athletes (such as high school students and college students) has exclusive jurisdiction over such competition. The gymnast is also informed, therefore, that compliance with the rules of the Eligibility Code may not be relied upon to protect his or

her eligibility to compete in events sanctioned by organizations such as college and high school athletic associations. Questions regarding the eligibility standards of these organizations should be addressed directly to those organizations.

**Rules and Guidelines**

**I. AMATEURISM**

An amateur gymnast is one who trains and performs without searching for or accepting personal financial reward or material benefit in connection with his or her sports participation. (FIG Rule of Eligibility 1.6; FIG Rule 36)

**II. FINANCIAL AND MATERIAL BENEFITS**

- A. No gymnast may take part in a sporting event for which he or she is paid immediately. (FIG Statutes, Art. 48)
- B. No gymnast may give authority to or allow a professional agent to represent the gymnast in negotiations regarding his or her participation in competition. No gymnast may give authority to or allow anyone to represent the gymnast in negotiations regarding receipt of money in exchange for participation in competition.
- C. Management may accept, directly or indirectly, any money or other consideration for expenses or loss of earnings, except that during the preparation for gymnastics competition conducted, sponsored, sanctioned or approved by the IOC, USOC, FIG or USGF, or the competition itself, a gymnast may receive the following types of financial and material benefits provided such support is received through the USGF:

1. Board and lodging expenses.
2. Transportation expenses.
3. Sportswear and sports equipment.
4. Hotel money is an amount per day to be fixed by the USGF.
5. Expenses for medical treatment, physiotherapy, medical services and medicine.
6. Expenses for training facilities or instruction.
7. Premiums for insurance.
8. Educational expenses.
9. Compensation to cover financial loss resulting from a gymnast's absence from work or basic occupation in order to train for or participate in an event conducted, sponsored, sanctioned or approved by the IOC, USOC, FIG or USGF. A gymnast may not receive such "broken time payments" in an amount in excess of what the gymnast would otherwise receive from an employer during the same period. (FIG Statutes, Article 56; FIG Rule of Eligibility 1.7)

- D. A gymnast may be an employee paid by a sports organization, including but not limited to employment as a counselor or instructor, provided any compensation received by the gymnast (1) is not in return for his or her athletic performance and (2) is not excessively out of proportion to the payment normally received for like work in that area of the country. (FIG Rule of Eligibility 1.7.2.8)

**III. SCHOLARSHIPS/DEVELOPMENT FUNDS**

- A. A gymnast may accept scholarship(s) given to support his or her preparation for and participation in gymnastics competition approved or sanctioned by the USGF, or b) granted on the basis of and fulfillment of scholastic obligations.

**IV. AWARDS, GIFTS, UNIFORMS**

- A. Many competitive events a gymnast may not accept monetary prizes and any other prizes or awards awarded may not exceed the maximum value designated by the USGF (FIG Statutes, Art. 48)
- B. A gymnast may receive uniforms, travel apparel and

accordances from the USA, FG, UK, or Féd. N. Transfers, apparel and accessories donated to entities in USAF events by sponsors are also allowable under as they are presented to all interests and can be used in conjunction with the event. A gift card may not convert into cash and any award, gift or uniform received from the USAF, FG, Féd. N. USA or competition sponsor.

#### V. ADVERTISING & PROMOTION

A. A gymnast may not authorize any individual or organization to use the gymnast's person, name, likeness, picture, or sports performance in such a way that his or her position or reputation as a gymnast is used to advertise or promote any commercial service, activity or enterprise unless the USAF has entered into a contract for sponsorship or co-promotion making that individual or organization a USAF sponsor. A gymnast may enter into an agreement with a USAF sponsor for the use of a gymnast's person, name, likeness, picture or performance in advertising or promotion provided that agreement complies with the terms of the USAF Sponsorship Program. (FG Rule of Eligibility 18, FG Rule 10 to Rule 26)

B. A gymnast may publish his or her name, photograph or personal appearance to be used for news reports of or publicize a competition or exhibition conducted, sponsored, sanctioned or approved by the USAF, provided such use is not also directly associated with promotion of advertising or promotion in conjunction with the USAF Sponsorship Program.

#### VI. DRUGS

The use of any drugs appearing on the IOC lists of prohibited drugs is strictly forbidden. Any gymnast who after competition conducted, sponsored, sanctioned or approved by the USAF, refuses to submit to a medical examination designed to detect the use of such drugs, (2) refuses to sign a statement representing that he or she has not used such drugs or (3) uses such drugs shall be disqualified from competition pending an investigation by the USAF Eligibility Committee. (FG Rule of Eligibility 18, FG Rule 29)

#### VII. PROFESSIONALISM

A. A gymnast may not be or have been a professional in an sport or have signed a contract for that purpose. (FG Rule of Eligibility 18, FG Rule 26 to Rule 29)

B. A gymnast may not have been a professional coach in an sport. (FG Rule of Eligibility 18)

C. A gymnast may not knowingly take part in a competition or other event with professional gymnasts. (FG Statutes Art. 91)

#### VIII. MEMBERSHIP

A. A gymnast may not participate in any event conducted sponsored, sanctioned or approved by the USAF unless he or she is a member in good standing with the USAF.

B. A gymnast may not compete against any other gymnasts he or she knows to be ineligible to compete under USAF rules.

#### IX. ELIGIBILITY COMMITTEE

A. There shall be a Committee on Eligibility consisting of the Executive Director of the USAF and an even number of additional members participating not less than 4 who shall be appointed by the Executive Director and approved by the Executive Committee of the Board of Directors. At least 1/2 of the members of the Committee on Eligibility shall be athlete representatives.

B. The Committee on Eligibility shall be charged with the responsibility of:

1. Overseeing compliance with the rules of eligibility as defined by USA, FG, UK and Féd. N.
2. Recommending to the Executive Committee of the Board of Directors of the USAF revisions of the Féd. N. Code.
3. Responding to inquiries from gymnasts or their

coaches, parents or representatives concerning the Eligibility Code.

C. Investigating alleged violations of the Eligibility Code and recommending to the Executive Committee sanctions to be imposed for violations of the Code.

#### X. ENFORCEMENT

A. The Eligibility Committee shall act on any complaint alleging that a gymnast has violated the Eligibility Code, provided the complaint (1) is in writing, (2) is signed by the person or persons filing the complaint, and (3) affirms (and/or) which does not violate, the Eligibility Code.

B. Upon receipt of a complaint, the Eligibility Committee shall notify the named gymnast, sending by certified mail of the alleged violation and appoint one or more members conduct an investigation of the underlying facts. This investigation shall at least include an interview (or unscripted interview) with the gymnast, the person or persons filing the complaint, and other persons who may have direct knowledge of the alleged violation.

C. A written summary of the investigation and the Committee members' conclusions as to whether there is reasonable cause to believe the alleged violation occurred will be sent to the gymnast and each member of the Eligibility Committee.

1. In the event the Committee member concludes that reasonable cause does not exist, no further action will be taken on the complaint, unless a majority of the membership of the Eligibility Committee vote to conduct further investigation.
2. In the event the Committee member concludes that reasonable cause does exist, the gymnast will be issued a written response to the complaint and the evidence as summarized in the Committee member's report. In addition the gymnast may request a hearing before the Eligibility Committee. No less than 10 days prior to his or her appearance before the Committee, the gymnast shall receive a written copy of the procedures to be followed during the hearing. These procedures shall include the right to be represented by another present witnesses and cross examine any adverse witnesses.
3. At the conclusion of an investigation the Eligibility Committee will prepare written findings of fact and, in instances where a violation is found, recommended sanctions in the form of reprimand, restriction of participation, probation, suspension or loss of eligibility.
4. A determination by the Eligibility Committee that a gymnast has violated the Eligibility Code will be reviewed by the USAF Executive Committee. After review of the entire record in the case, the Executive Committee may reverse or affirm the Eligibility Committee's determination. If the Executive Committee affirms a finding of a violation, it may (1) instruct the Executive Director to impose the sanction recommended by the Eligibility Committee or any other less severe sanction, or (2) request that the Eligibility Committee reconsider its recommended sanction.

#### XI. REINSTATEMENT

A. An athlete declared ineligible by the USAF may apply for reinstatement to amateur status by filing a petition for reinstatement with the USAF Executive Committee. A petition for reinstatement (1) may not be filed within a year of the time a person has been declared ineligible, and (2) must include a concise statement of the circumstances supporting petition.

B. A petition for reinstatement shall be referred by the Executive Committee to the Eligibility Committee for processing in a manner similar to the processing of complaints.



## New USGF Insurance Program

We are proud to introduce an entirely new insurance plan designed to meet the needs of today's modern gymnastics club. This new program provides the best available coverage at a cost based upon peak enrollment. There are no reporting requirements! The cost is \$9.75 per student. And for "tiny tots," a reduced rate of \$5.00. Minimum total cost is \$975.00 per club. All trial students and guest performers are covered at no additional cost.

## Club Membership Option

For those clubs which enjoy individual member benefits, we still offer the USGF Club Membership by enrolling 100% of the staff and students as USGF General Members at \$9.00 each. All staff members and students receive full insurance coverage, plus a membership card and decal, a discount certificate for a subscription to *USGF GYMNASTICS Magazine* and special assistance in making discount travel arrangements.



# The USGF Insurance Program reduces the risks, the costs and the paperwork.

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The benefits for you, your staff and your members include:

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# USGF Demonstrates Appreciation To Tiger/Asics At Chicago Sports Show

The USGF and several of its National Team members were the guest performers at the largest sporting goods show in the nation—known as the National Sporting Goods Association Show held at McCormick Place in Chicago on January 18-22, 1984. To commemorate the fact that Asics/Tiger is the official supplier to the USA National Team from which the 1984 Summer Olympic Gymnastics Team will be chosen, Asics/Tiger relinquished about half of their total display at the important sporting goods show for gymnastics demonstrations.

Senior Men's National Team member Tim Beach did a terrific job of organizing this particular demonstration show and during the excess work for all performances. He carefully worked with technical details by Norm Husted on the days that featured rhythmic gymnastics and by Bob Karmyl on Saturday when artistic gymnastics was featured. Team was ably assisted by Mario McCutcheon to demonstrate men's artistic gymnastics, while women's artistic gymnastics was demonstrated by the skills of Odette Durham and Mary Lisa Reitner.



Rhythmic gymnasts Wendy Hillard (right) and Debra Watkins entertain the audience performance on the demonstration stage in Chicago. (USGF photo © 1984 Bob Kenney)

The Chicago audience was treated to the demonstrations of rhythmic gymnastics by national team members Michelle Bentele, Wendy Hillard and Debra Watkins.

The President of Asics/Tiger, Mr. Shoji Kizami, was a most gracious host and treated all members of the national team and members of the USGF staff to a banquet after a successful show. The USGF and its national team members were honored and pleased to have an opportunity to return to our most gracious competitive apparel supplier and demonstrate to honor their involvement with the USA National Team.

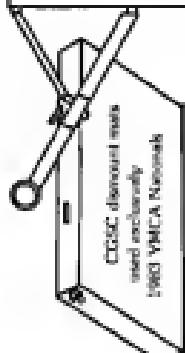


The USGF delegation and the Asics/Tiger delegation at show. In the photo above (from the left) are Diana Baskin, rhythmic gymnast; Shoji Kizami, President Asics/Tiger USA; Mary Jacki, Executive Director USGF; Michelle Bentele, rhythmic gymnast; and Wendy Hillard, rhythmic gymnast. (USGF photo © 1984 Bob Kenney)

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| 2' x 32' mat      | 43,615.00         |
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\$30,600.00. 10' x 306' x 10' for \$30,700.00. 10' x 306' x 12' for \$30,800.00. 10' x 308' x 10' for \$30,

# Gymnastics Remains Center of Galimore's Life

By Mike Rostko  
USA Gymnastics Editor

**R**on Galimore has a mixed past. He has gone from the emotional high of scoring the first perfect 10.0 in NCAA history and making the 1980 Olympic team down to the emotional low due to the layout of the 1980 games due to political considerations. Through all of this he has maintained a vibrant attitude about life and the sport he loves.

Gymnastics is like life. The thing that worked for me is to have a positive mental attitude. Expanding on his philosophy, Galimore's theory sounds good for not only the young and old gymnast alike but for the everyday person. For me, I needed to stay positive and think all the things that were positive in my gymnastics. For men you have six different events and every day you can't have an irreducible workout on each event. Maybe you might have a great workout on three events and bad on one or two. Well, I was the type of person that would like to walk out of the gym and think about the good events then think about why the others didn't go well so I could concentrate on them the next time in the gym and make my whole day better as well as my gymnastics.

"I feel like there are a lot of things daily that people go through where everything isn't going good. Every event that happens in life isn't going to be great, some things are going to pull you down and some things are going to get you up. You do what you can with what you have to work with and you live off the positive events, otherwise you have no real reason to wake up the next day and go back into the gym to try those other events."

Flipping back through the pages of gymnastics history, Galimore recalls with a proud gleam in his eye, the circumstances surrounding his vault that forever etched his name in the record books. To set the scene a bit, the event was the college 1981 NCAA Gymnastics Championships. Peter Shultz of Courtland State, vaulted just before Galimore, who was up last. Shultz has a great vault and received the score of 9.9. To add to the pressure of the moment, the trials were being televised to national television audiences.

Everyone in the stands knew that in order for me to win the event, I would need to score a 10.0 or a 9.95, which is not really that much difference. But I never thought about scoring a 10.0, or being the last competitor. I was really anxious to give an effort I had had some really successful vaults leading into that meet and I had scored maybe one or two 10.0's in other competition.

"I wasn't thinking about if the vault was perfect or not. I was more or less concentrating on the technique of the vault. I was trying to use the energy and the buildup to put into a real positive attitude about the vault. I was thinking about just giving all our effort and thinking through the whole thing," said Galimore.

It was time to walk up vault. Down the ramp he went, up and... "When I landed I felt like it was one of the best vaults I had done. I was happy, not only for the 10.0, but because I was put in a high pressure situation and I performed. I guess



As a Galimore takes a day from his devotion to the sport, he and others during his career share a few stories. Galimore was a member of the 1980 USA Gymnastics Olympic Team and was also a National Team Member in 1982. (Photo © 1984 Mike Rostko)

the vault 110 percent. I was a competitor at that point and I was letting the pressure situation psyche me out. When the judges did throw the 10.0, it was a real gratifying experience. It motivated me and picked up my spirits after making the Olympic team and not having the chance to compete. It gave me a very good feeling. I guess you could call it an accomplished feeling. I had also accomplished something I had always wanted to do, have something to be remembered by. I left something with all those people who had a chance to see it, the energy and excitement. It all makes me feel good inside," said the Tallahassee, Florida native.

But not all of Galimore's gymnastics career has ended on such a happy note. It could be called the "Flight of the Lost Olympian" or "The Birth of a Trivia Question."

During the time of the President Jimmy Carter's administration's choice to boycott the 1980 Olympics in Moscow, it was a very unpopular move to come out and criticize. To speak out and say that the Olympic Games should be about political retribution to America, along with 17 other countries, stayed home and took in the baseball games instead of the summer games. Galimore was one of those "lost Olympians."

A typical athlete who worked 12 years to reach his goal of making the Olympic gymnastics team something only six male gymnasts every four years get the chance to do. Then his moment in the sun was taken away dashed out like a wild drawing in the sand. Now, four years later, Galimore is still very deeply troubled by the government's decision and is now free to speak.

"When you're young and you're training for something like the Olympics, you don't let a lot of things distract you. All I concentrated on for 12 years of my life was making the Olympic team. I put everything else aside. I didn't go to the high school dances. It was just one direction and time flew. It all happened so fast. The '80 year came around and before I had time to realize what had happened I was on the Olympic team. In fact, I didn't stop to think about it until after I landed my last event which was high bar."

So Galimore had made the Olympic team. This was a dream that was not only for himself, but as the current Iowa State assistant gymnastics coach said, "for my family. The sacrifices I had made, as well as my family made me want to succeed. My father died when I was seven and my mother was left with two other children. My mother pushed me and aided me in a way that made me want to make the team for her to make her feel all she had done was not in vain."

Beyond making the Olympic team, Galimore accomplished another first that puts him in the record books. He became the first black gymnast on the team. "I've never really thought about being the first black gymnast to be on the Olympic team, but never claimed on me once until I made the team and someone came up to me and said, 'Hey, you're the first black gymnast ever to be on an Olympic team.' And my reaction was, 'Oh, wow, really?'

"But to think of it from the standpoint that it happened in this day and age to be the first black to ever accomplish something like that, having the chance to compete in the Olympic Games could have made my life so much easier. Maybe by doing endorsements, sponsorships, color commentary for television. I feel like some of those things are still possible, but I will have to work harder at them now."

It is understandable the frustration a world-class athlete must suffer through after receiving such a blow to not only his competitive career, but his post-competitive plans.

"It's not enough just making the Olympic team. Because you didn't have the chance to compete and perhaps win a medal, it hurt. The hurtest that really had and I could, even at the point after trying to think about all this, still justify it a little bit if it had served a purpose. But it really didn't. Because a month later a team was sent to the World Championships in Moscow. That's disheartening."

After the disheartening experience with the 1980 Olympic Games, Galimore went on to bigger and better things, keeping in mind all along his one basic joy in life: To do gymnastics.

"The year I enjoyed. All I really wanted to do was gymnastics and to perform. So when I could perform and get paid for it I started gigging because it was the best of both worlds. Getting paid for what I knew to do," said the one-time speech major.

Gymnastics to Galimore has been a love affair from the beginning. "I think this sport got me to where I am today," he said. "It has helped me grow in ways that I may have never grown. One aspect that sticks out in my mind is when I left home for my first year in college at Louisiana State University. I loved no competitive but I failed classes. I came out of high school with very poor study habits. But because of my passion to compete I learned how to study because I had to stay eligible. So when I came out of college five years later (Galimore transferred to Iowa State University after his sophomore year at LSU) I had good study habits and a college education."

The travel and the places gymnastics has taken me I know I would never had gotten the opportunity to see if it werent for the sport. The different parts of the world enlightened me to the various ways of life, the different ways of thinking and living."

There is a lesson to be learned from the life of Ron Galimore. All his hard work did pay off because now he is using his college degree and gymnastics knowledge as an excuse for the Nissan Auto Shows where they invite gymnasts from local clubs to come and be a part of the demonstration team. "I love my involvement with Nissan and the auto shows. I enjoy it and it is the type of thing I want to do as is in my blood."

**Editor's Note:** Ron Galimore is currently using his gymnastics knowledge as an assistant coach at his alma mater Iowa State University. He was a former Olympic team member and an NCAA champion.



During his competitive years, as shown above, Galimore was a strong competitor on the rings. The result was not his only fame (TOP photo © Steve Shultz)

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Official Magazine of the United States Gymnastics Federation

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